



**“With profound love and gratitude to Justin Stone
on behalf of our NL Canada T'ai Chi Chih
Community”**

Submitted to our Vital Force Journal
by Sheila Leonard, PBVM, NL, Canada
April 7, 2012 after his passing in March
(with some later edits here)

T'ai Chi Chih is truly a gift that keeps on giving! A profound and simple
“Thank you, Justin”, says it all and yet hardly comes close.

Life transforming and healing, indeed ... for so many as together we go
deeper into this New-Found-Land. May we all continue to allow the energy of
T'ai Chi Chih to overflow into our own lives and into our world.

*Thank
You*

Here are a few favourite quotes from Justin:

- My Web Home Page www.taichichihnl.ca begins with one of my favourite quotes from Justin ... wording may vary ...

**"The interior landscape is far more vast than the exterior landscape,
and often far more interesting."**

- Justin's **"Effort of no Effort"** has become paramount in so much of my life and for all of us here.
- My students still smile at **"Practice when you feel like it and practice when you don't feel like it!"**
- Another comes from Justin's Spiritual Odyssey piece: The Essence of T'ai Chi Chih p. 23 – 25 ...



T'ai Chi Chih becomes a way of life...eventually it goes beyond these and permeates the life-style of the practitioner. Joy becomes our natural heritage.

... we begin to notice the rapid growth of intuition, of creativity, and energy, and a strength far different from muscular strength ... we find a growth of confidence, a belief in ourselves and our centre-of-being."

- And, of course, many of us here in NL have thoroughly enjoyed doing the movements with the refrain of Justin's "Healing Through Joy" song ...

Song: "Joy, Joy, Joy, Joy - Healing through Joy"

**Joy, Joy, Joy, Joy ... Healing through Joy!
Joy, Joy, Joy, Joy ... Healing through Joy!
Joy in the heart
Joy in the mind
Joy in the soul
Joy, Joy, Joy, Joy ... Healing through Joy!**





And finally, there is a very touching and amazing NL
“Justin” story I would like to share:...

The following story
tells of an amazing “Justin moment”
that happened at the very time
when Justin had actually passed on.
I share it
with profound love and gratitude
on behalf of all of us in NL, Canada.

Somehow I had misplaced the card that we had written to Justin after our workshop here with Dan Pienciak last July (2011) and subsequently did not get to mail it. Writing the card was a tradition we had continued from the first time Dan had come in 2007. Still puzzled, I trusted it would eventually show up.

Wednesday, March 28th around 5:00pm I was coming out of The Lantern, where I teach. I had my materials in a T'ai Chi Chih Conference bag that has an open style pouch at the back that I rarely ever use. I noticed that the velcro tab was undone and something white in the pouch caught my eye. I slipped my hand in and pulled out Justin's card! Eight months later! I drove home thinking I would still mail it anyway.

When I got home, I found Dan's e-mail in which I read that Justin had died at 3:30pm eastern time US, and then realized that would be 5:00pm NL time ... the very time I had "found" Justin's card! Needless to say, I am still in total awe...

Truly I believe that Justin had a hand in it in a way that as yet eludes our grasp. Energy indeed transcends time and space. No mere co-incidence! I smiled,, envisioning Justin smiling back and whispering, “Thank you all for your lovely card ... I finally got to read it! Keep the Chi flowing ...”

The original verse on the card, with our added notes of profound love and gratitude on behalf of us all in NL, reads:

“Some have a gift for helping others to see the world as a place of possibility.
Some impart wisdom or comfort and care, some point out the path, some take you there.
Some warm the heart with a human touch. You have all these gifts ... Thank you so much.”

Together we are all keeping Justin's dream alive and growing, and as we do so,
together we are all indeed furthering God's own unfolding dream for our world.

Fittingly, every Vital Force Journal issue has the following quote from Justin at the bottom on the cover page: “T'ai Chi Chih is a Service to Humanity. It is a Form of Love.”

