

Creative Tai Ji Experience:

change-transformation-metamorphosis
with
Chungliang "Al" Huang



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Tai Ji Dancers



STANDING: Peter C, Josh, Steve K, Susan, Keith, Daniel, Rex, Eric, Stacey, Sharon, Marge, Kristine, Mark, Terry, Troy, Leilani, David, Heather, Austyn, Howard, Brigitte

SITTING: Gallo, Inge, Jan, Diane, Anna, Joyce Ann, Chungliang, Petra, Steve F, Wendy, Rebecca, Laurie, Scott, Bob, Charlotte, Jean

CIRCLES: Cat, Erica, Gerry, Jacob, Peter G, Trinh

[[Download Photos](#) | [Hi-Res Version](#)]



A NOTE ABOUT HYPERLINKS

In this document there are some hyperlinks which may be indicated by

- an @ sign on an image, or next to the image;
- an underlined word particularly in the Ovation Night section with the list of "The Entertainers" (page 21)

These links go to a dropbox location. If you have trouble with the links or any related documents please contact the Happiness Assistant on page 27.



Tai Ji Bird Walk

Use this music to do the Bird Walk

Bird Walk

**Steps [1; 1-2; 1-2-3; 1-2-3-4;
1-2-3-4-5; 1-2-3-4; 1-2-3;
1-2; 1, 1-2, ... repeat]**

Take # of steps in each group,
with a change direction at the start
of each group of steps.
For example, go Left at step "1"
then turn 180 degrees and go
Right at steps "1-2"; go Left at steps
"1-2-3", etc.

BIRD IN A SILVER CAGE Album / Herbie Mann

[Listen to it here on youtube](#)



Lost in Chinese





Finding Qi

*An Esalen CAT will always find its way
to the center of the Tai Ji circle*



Facing Life's Problems



Thursday AM

Anna Paulina Eklof

A FINNISH POEM

by Rabbe Enckell (1903-1974)

The sunny mass
of the Acropolis
does not frighten me.
I have seen
the Finnish knoll's
grey barn,
its temple-like
proportions
rising
weightless
towards the infinite expanse
of the spring sky



Keith Mesecher

THE SWAN by Rainer Maria Rilke

[Translated by Robert Bly]

This clumsy living that moves lumbering
as if in ropes through what is not done,
reminds us of the awkward way the swan walks.

And to die, which is the letting go
of the ground we stand on and cling to every day,
is like the swan, when he nervously lets himself down
into the water, which receives him gaily
and which flows joyfully under
and after him, wave after wave,
while the swan, unmoving and marvelously calm,
is pleased to be carried, each moment more fully grown,
more like a king, further and further on.







Ovation Night

Diane Flessas

Tale – THE CHI WILL SAVE ME

So, we find ourselves on the Rogue River in Oregon in a little town called Gold Beach. There are many houses along the Rogue River in Gold Beach, Oregon. One house in particular, the River House, is inhabited by a Tai Chi Master- legendary Tai Chi Master.

...

[more...](#)



Rebecca Winsor

Chant – NOW I WALK IN BEAUTY

Start by thinking about the land we are on. All the creatures: the otters splashing in the ocean, the tiny ants, the raccoons, all the layers upon layers of consciousness, ...plants, animals, humans, here.

Take a deep breath. and lets start by clapping to the rhythm...

Now I walk in beauty
Beauty is before me
Beauty is behind me
Above and below me
Now I walk in beauty
Now I walk in beauty
Ommm....

Terry Kim

MAYBE IT'S TIME

[from the movie "A Star is Born"]

Maybe it's time to let the old ways die
Maybe it's time to let the old ways die
it takes a lot to change a man
Hell it takes a lot to try
Maybe it's time to let the old ways die
...

[*Editors Note:*
... but one can be transformed by the
Creative Tai Ji Experience,
and it doesn't take a lot to try. ;-)]



Josh Levy

ON MEDITATION

I watched a couple archives of Alan Watts broadcasts during our workshop week that were available from the Esalen lending library. I felt strongly about the connection between him and our teacher – their work is what brought me to the session! So I wanted to actively bring his spirit and wisdom into the space to continue to amuse, inspire, and enlighten us in the present.

"To go out of your mind at least once a day is tremendously important. Because by going out of your mind, you come to your senses."

And to stay in your mind all the time you are overly rational. In other words you are like a very rigid bridge, which because it has got no give, no craziness in it, it is going to be blown in the first hurricane."



Robert Moody

Were you wondering what that Tiger joke was about?

Tiger, tiger!...my mistake...
I thought you were William Blake!:

Check out the [poem](#)

THE TIGER

[Verse 1 of 6]

Tiger, tiger, burning bright
In the forest of the night
What immortal hand or eye
Could frame thy fearful symmetry?

...

~William Blake [1757-1827].



Cat Mitchell

IT'S TIME

I lost a light
I never found

Floating on the sea
Tangled in a web
of them and not me

And now I found
The light that is truly me

Whispering
"It's time To Be Free"



Joyce Ann Martin

WILD OLDER WOMAN (Lyrics Verse 3)

[CD: UNLEASHED]

...

My hair is silver, and my ragtop's gold
My body is fine so I've been told
Take a ride with me, I'll drop the top,
turn on the heater, you'll never be cold,
We'll be feeling so sassy we'll be feeling
so bold.
That rumor 'bout this baby-boomer I'm
here to tell you it's true.
I might be an old girl, but I'm new to you!

CHORUS

I'm a Wild Older Woman
I'm a Wild Older Woman
I'm a Wild Older Woman
and I want to get wild with you!

...



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David Lustig

FIND THE REAL WORLD

[Poem by Rumi]

Find the real world,
give it endlessly away,
grow rich flinging gold to all who ask.

Live at the empty heart of paradox.
I'll dance there with you—
cheek to cheek.

..this is really more about where I am thinking of going and where I'd like to go, not really so much where I am from. And I am going to be honest I don't even understand part of this poem...I think at some point I will. and that could be really good. This is another Rumi poem:

– Ghazal (Ode) 2949
Version by Coleman Barks, with Nevit Ergin
"The Glance" Viking-Penguin, 1999

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Steven Fierberg

THE PLEIADES

In absence, aloe wood burns fragrant.
The love we feel is smoke from that.

Existence gets painted with non-
existence,
its source, the fire behind the screen.

Smoke born of this fire hides the fire!
Pass through the smoke. Soul, a moving

river; body, the riverbed. Soul can
break the circle of fate and habit.

Take hold the hand of absence and let
it draw you through the Pleiades,

giving up wet and dry, hot and cold.
You become a confidante of Shams Tabriz.

You see clearly the glory of nothing
and stand, inexplicably, there.

Christopher Gallo

Haiku written by Mizuta Masahide, a 17th century Japanese poet and samurai,

BARN'S BURNT DOWN

by **Masahide**

Barn's burnt down --
now
I can see the moon.

@



Gerry Bradley

WIND SURF

Wet coastal highway
An enormous wind surf dancer
enjoying the climb

CONDOR

December morning
A giant condor dances
into the chocolate



Janet Marrack

Pacific waters –
gently blowing Tai Ji breezes
Blessings for our hearts

Austyn Wells

ORIGINAL HAIKU WITH MOVEMENT

W O W ! -- invites me
to dance between somewhere
and nowhere

G r o o v y, C
h
i
n
e
s
e
y



Scott Thomas & Trinh Vu

THE DÀO OF MUSIC



Dào, the Dào that can't be Dào'd
道

Ài, no love without a heart
愛

Tài, an image of myself
太

Jí, a stretch so far apart
極

Wú, a void within a place
無

Wéi, no act to follow Wú
為

Qì, a mǐ to fill the space
氣

That will bring us back to...

dào

miào

jiào

dào



[repeat]

When you know the notes to sing
You can sing most any thing....

[... to the tune of the "Do Re Mi" song from The Sound of Music]



NFL Football Coach & Team

QUESTION: What if Chungliang “Al” Huang was an NFL football coach?

ANSWER: **Gallo, and Team [Howard, Laurie, Gerry, Scott]**

Chungliang barks out moves like a drill sergeant, yelling at his team to do them faster, like calisthenics.





THE ENTERTAINERS[\[Link to All Videos \]](#)

- 01 **Chungliang** 歡慶 huān qìng
Gallo Introduction by the emcee (starts @1:55 in video 1)
Diane Tale: The Chi Will Save Me (starts @3:00 in video 1)
- 02 **Daniel** Nigun: A wordless song in the Jewish tradition—"Lai, Lai, uh, Lai
03 **Josh** On Meditation: an Alan Watts quotation
- 04 **Peter C & Kristine** Guitar/Song : "Country Road Take Me Home" by John Denver
05 **Steve K** Remembering Stan: Poem—"The Pope's Penis" by Sharon Olds
06 **Keith & Marge** Guitar/Song inspired by Rock Creek Lake in the
Sierra Nevada Mountains:
- 07 **Rex** Two Poems: "Inner Peace"; "The Piddling Pup"
08 **Peter G & Trinh** Duet [an Amuse-Bouche] "Comme d'habitude"
by Claude François (composer of the song "My Way")
- 09 **Peter G** Song: "My Way" by Frank Sinatra
10 **Bob** Joke: Tiger Tiger — [William Blake]
11 **Sharon** Alan Watts Quotation from "Embrace Tiger, Return to Mountain;"
"Wind Movement" from the PGB White Crane Silat Practice;
A Short Story: "Come to the Edge" by Guillaume Apollinaire
- 12 **Troy** West Indian Chant: "See & Be & See & Be— Do dat t'ing today"
13 **Gallo** Haiku: "The barn burned down... "
14 **Erica** Lost Cards...
15 **Laurie** Joke: "The Chinese have given up Telephone books....";
Song: "I'm ready for Christmas, I'm ready for love"
- 16 **David** Poem: "Find the real world" by Rumi
17 **Rebecca** Navaho Indian Chant: "Now I walk in beauty"
18 **Gerry, Jan, Austyn** Three Haikus [Gerry 0:00; Jan 1;13; A Austyn 1:46]
19 **Kristine & Troy** Guitar/Spanish Song: "Dance, dance, baby, dance...."
20 **Mark** Poem to the Homeless & Hidden Saints: "The Hidden Ones"
21 **Scott & Trinh** Song: "Dao the Dao that can't be Dao" from "The Dao of Music"
22 **Terry** Guitar/Song: Maybe it's Time from "A Star is Born" Movie
23 **Steve F** Poem by Rumi: The Pleiades
24 **Joyce Ann** Song: "Wild Older Woman"
25 **Cat** Poem "It's Time"
26 **Gallo & his team** The Question:
[**Gerry, Howard,** What if Chungliang "Al" Huang was an NFL football coach?
Laurie, Scott]

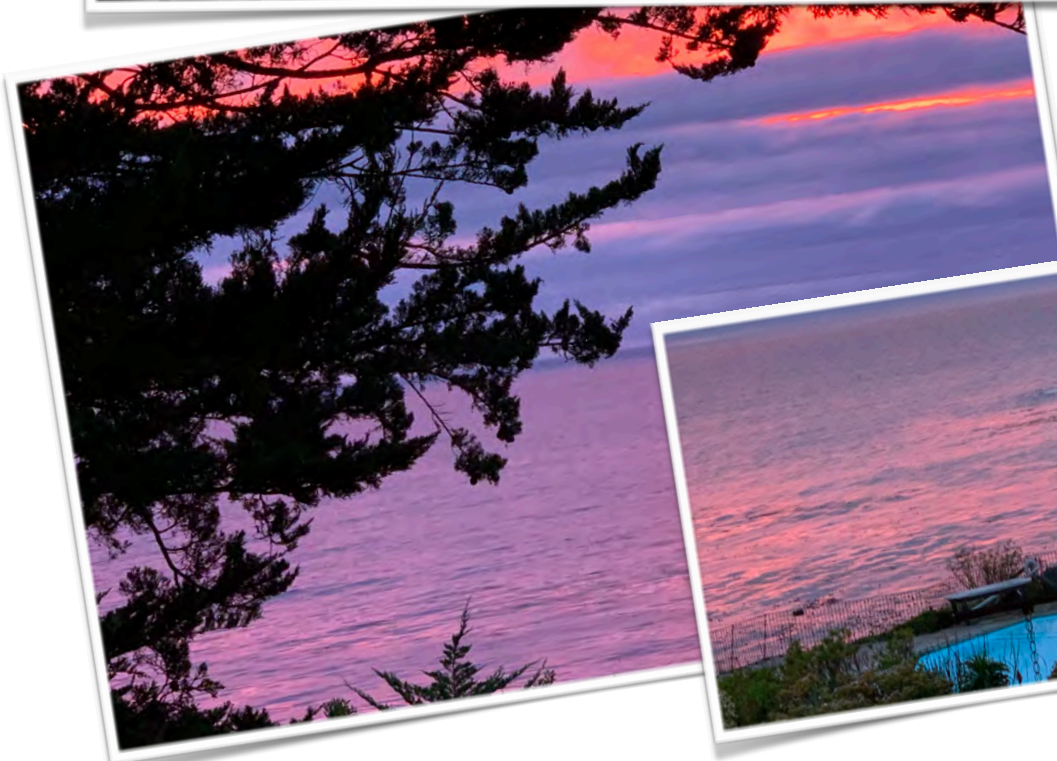
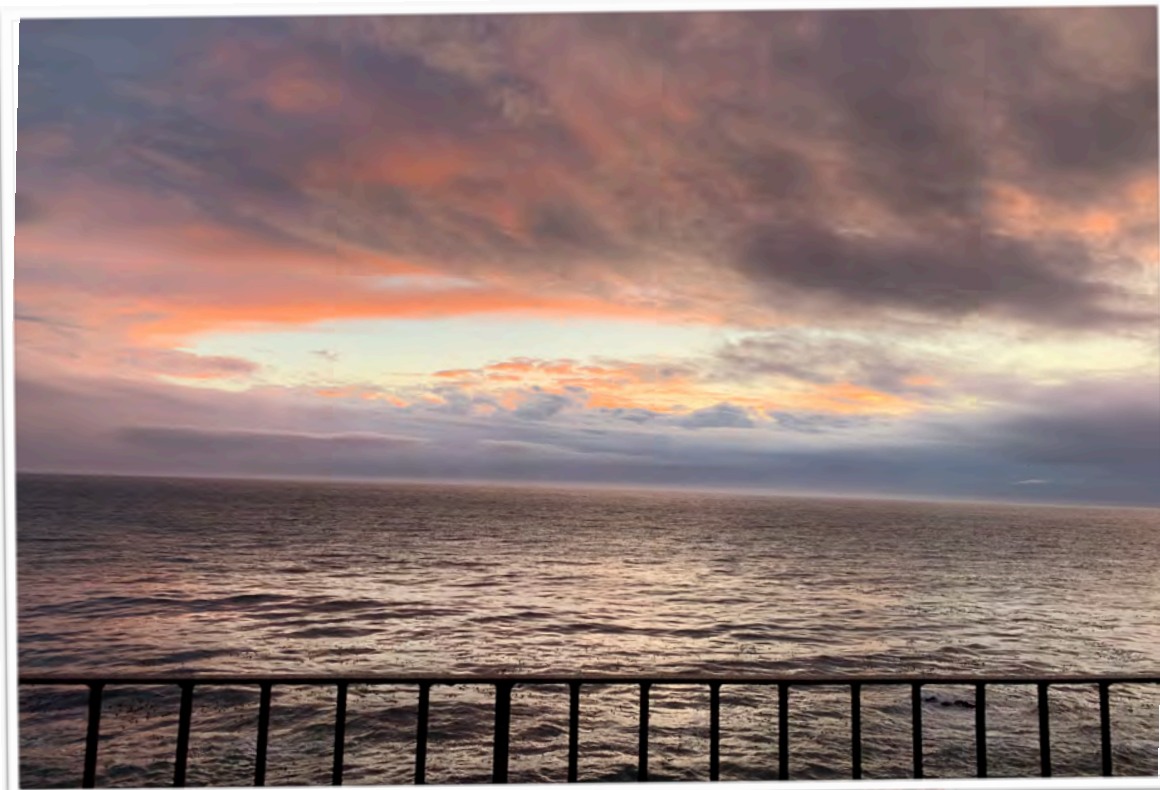
Remembering — the beauty of the place







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Acknowledgments

GRATITUDE

to Huang Lao Shi for the inspirational teaching and guidance at this Creative Tai Ji Experience Seminar;

to Daniel Bianchetta for sharing his beautiful nature and cave drawing photographs and the history of the Esalen people;

to Everyone for sharing love, friendship, humor, and the joy of being alive through Tai Ji Dancing together;

to the Entertainers who bared their souls to contribute to a show-stopping Ovation Night, and to Gallo who orchestrated it. WOW! to you all;

to the Esalen Institute for hosting this event; and the Esalen Staff for delicious meals, relaxing massages, and the warm and friendly atmosphere;

to the Photographers: Bob, Erica, Marge, Trinh, and this person, who shared their photographs to help make this memento colorful and interesting.

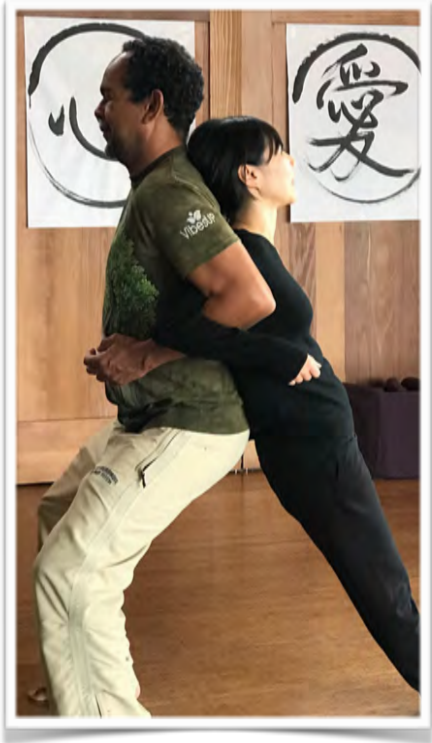
APOLOGIES

for the less than perfect videos... and any unintentional errors.

Send complaints to the celestial adjudicator in the palace of the northern star via the Happiness Assistant <wgqm@icloud.com>



'til next time
support each other



&
Wei Wu Wei



"Do non-doing, strive for non-striving."

Lao-Tzu, Tao Te Ching
(translation by Thomas Cleary)