

Autumn Living Tao Tai Ji Study Series  
Session 1  
Study Materials - Calligraphy



Watercourse Way



Dào – Tao



Dào – Tao (cursive)

Qian Jin 前進— forward action

Hou Tui 後退, Stepping back with contemplative reflections and perpetual personal Inner work.  
*(as practiced in the Tai Ji Ritual)*



Jìn - advance



Tuì - retreat



Five Moving Forces - Wu Xing



Huǒ - fire



Shuǐ - water



Mù - wood



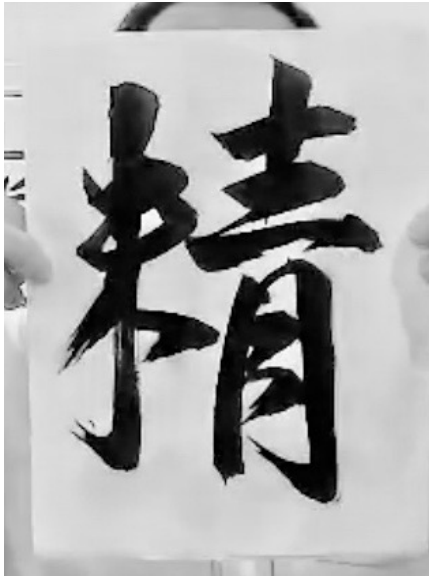
Jīn - metal/gold



Tǔ - earth



JingQiShen  
13-Sep-20



Jīng - essence



Qì - breath



Shén - spirit