

Autumn Living Tao Tai Ji Study Series Session 3 Study Materials

Enhancing the essential Living Tao movement form practice with the exploration of Taoist philosophy and potent Poetic and visual imageries 詩情畫意 from selected passages of Tao Te Ching, Xin Xin Ming, I Ching/Ba Gua, and the Oxherding Pictures.



Embracing the opposites to become one again!

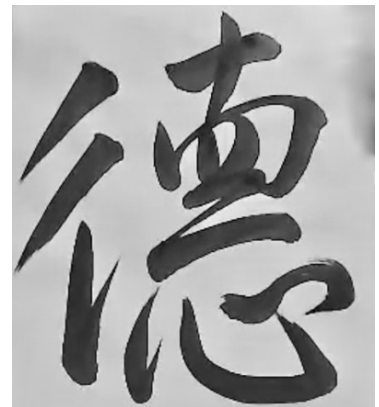
TAO TE CHING (DAO DE JING)



Dào



Dào Cursive
(Living Tao Logo)



Dé (Te) Virtue/Power

Empty yourself of everything.
 Let the mind rest at peace.
 The ten thousand things rise and fall while the Self watches their return.
 They grow and flourish and then return to the source.
 Returning to the source is stillness, which is the way of nature.
 The way of nature is unchanging.
 Knowing constancy is insight.
 Not knowing constancy leads to disaster.
 Knowing constancy, the mind is open.
 With an open mind, you will be openhearted.
 Being openhearted, you will act royally.
 Being royal, you will attain the divine.
 Being divine, you will be at one with the Tao.
 Being at one with the Tao is eternal.
 And though the body dies, the Tao will never pass away.



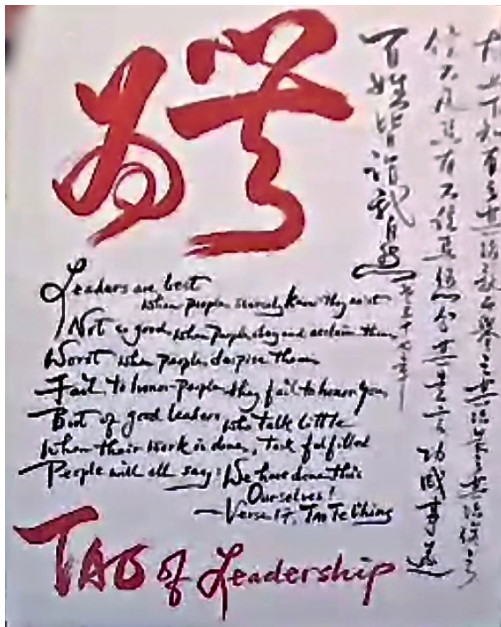
Source: Lao Tsu Tao Te Ching*

十六章

致	虛	極，	守	靜	篤。
zhì	xū	jí,	shǒu	jìng	dǔ。
萬	物	並	作，		
wàn	wù	bìng	zuò		
吾	以	觀	復。		
wú	yǐ	guān	fù		
夫	物	芸	芸，		
fū	wù	yún	yún		
各	復	歸	其	根。	
gè	fù	guī	qí	gēn	
歸	根	曰	靜，		
guī	gēn	yuē	jìng		
是	曰	復	命。		
shì	yuē	fù	mìng		
復	命	曰	常，		
fù	mìng	yuē	cháng		
知	常	曰	明。		
zhī	cháng	yuē	míng		
不	知	常，	妄	作	凶。
bù	zhī	cháng	wàng	zuò	xiōng
知	常	容，			
zhī	cháng	róng			
容	乃	公，			
róng	nǎi	gōng			

Source: Lao Zi: The Book of Tao and Teh*

Verse 16: Lao Tsu Tao Te Ching



Leaders are best when people scarcely know they exist
 Not so good when people obey and acclaim them
 Worst when people despise them
 Fail to honor people they fail to honor you
 But of good leaders who talk little
 When their work is done, task fulfilled
 People will all say: We have done this ourselves !

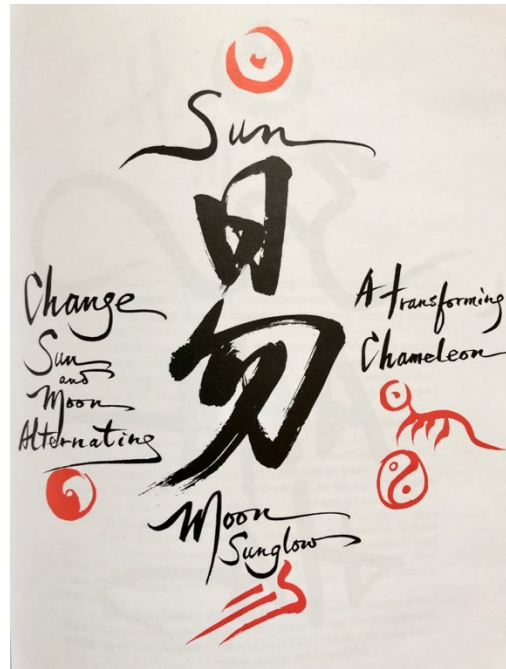
---百姓皆謂我自然

Verse 17: Tao of Leadership poster

I CHING (YI JING)



Bā Guà



Yi (Change)

*Images from Quantum Soup**

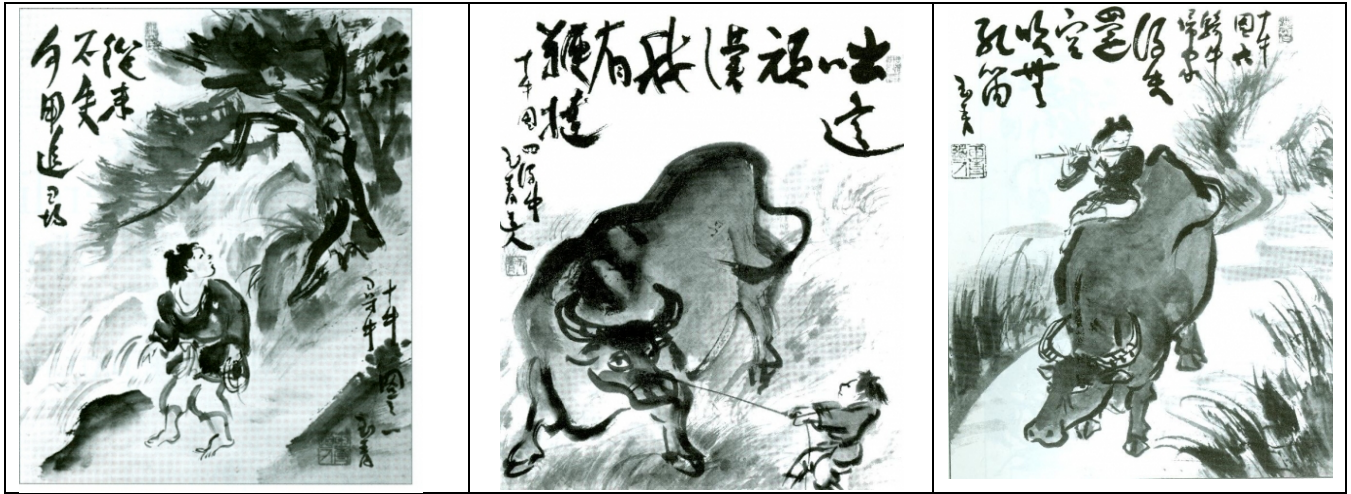


Qián – 1st Hexagram (Yang) – Heaven /Creative



Kūn – 2nd Hexagram (Yin) – Earth/Receptive

FOR FUTURE STUDY: OXHERDING PICTURES
Study Source: Embrace Tiger, Return to Mountain*



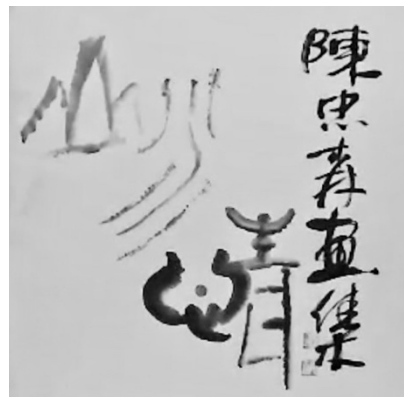
In honor of Joseph Campbell – Hero's Journey
To Be Continued!



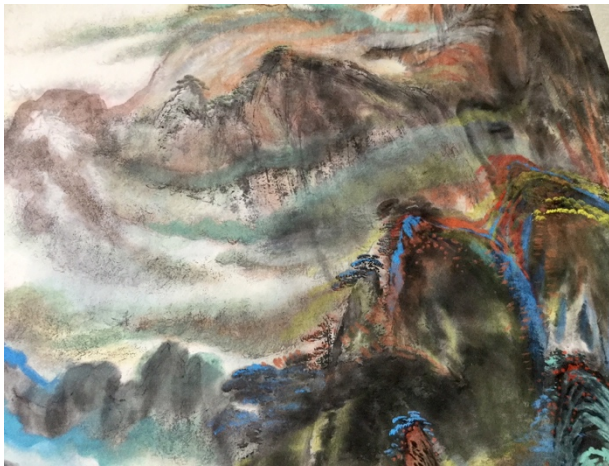
Dancing Shiva

POETRY/ PAINTING / ART / NATURE

Zhongsen Chen's Shan Shui Qing 山水情 (Landscape Emotion) Exhibition Catalogue Cover



Zhongsen Chen's Landscape (Mountain/Water) paintings [Shān Shuǐ Shī Huà]



Shān (Mountain)



Shuǐ (Water)



Shī (poem)



Qíng (feeling/emotion)



Huà (Painting)



Yì (idea, meaning – music of the heart)



Zì (self)



Rán (naturally so)

Zì Rán -- "Self so-ness" (Alan Watts)

MORE FUTURE STUDY: XIN XIN MING*



Xìn (trust)



Xīn (heart/mind)

ON THE STORK TOWER 登鶴雀樓

By Tang Dynasty poet, Wang Zhi Huan [唐].王之渙

《登鶴雀樓》

白日依山盡，黃河入海流。

欲窮千里目，更上一層樓。

The bright sun leans over the hill to set on wider horizon
Yellow River flows to merge into the Immense ocean
To extend and expand the view beyond a thousand miles
Rise up to a higher pavilion to further widening visions

Dēng Guànnè Lóu

[ascend] [stork] [sparrow] [tower]

Climbing White Stork Tower

白日依山盡， Bái rì yī shān jìn, [white] [sun] [on] [mountain] [finish] The white sun sets behind the mountains,
黃河入海流； Huánghé rù hǎiliú; [Yellow] [River] [enter] [sea] [flow] and the Yellow River flows into the sea.

欲窮千里目， yù qióng qiānlǐ mù, [want] [furthest] [thousand] [mile] [eye] To see a thousand mile view,
更上一層樓。 gèng shàng yì céng lóu. [more] [ascend] [one] [floor] [tower] go up another floor.

IN MEMORY OF MIKO SASAKI

by Wendy McKay



*REFERENCES

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ISBN 978 1 84819 052 8

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Charles Q. Wu
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Philip Glass

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