

Winter Living Tao Tai Ji Study Series - Session 2 Study Materials

Warm-up with *Essential Tai Ji. Celebrating Chinese Lunar New Year 4719 of the Golden Ox* 金牛, explore the "Heroic Journey" from the "Ten Oxherding Pictures" 十牛圖 (prepare by reviewing the "Zen Ox Pictures" chapter in *Embrace Tiger Return to Mountain*). Dissect the Chinese symbol of JIE 解 Deliverance (Hexagram #40) from 莊子 Zhuang Zi's (Chuang Tsu) Inner Chapter "yang sheng zhu" 養生主 "Caring for Life" through the story of how cook Ding carves an ox. Music and dance.

HAPPY CHINESE LUNAR NEW YEAR!

祝福 金牛年快樂 幸福吉祥 萬事如意!



2021 The year of the Golden Ox 金牛



Reference: "The Chinese Book of Animal Powers"*



Niú (Ox)

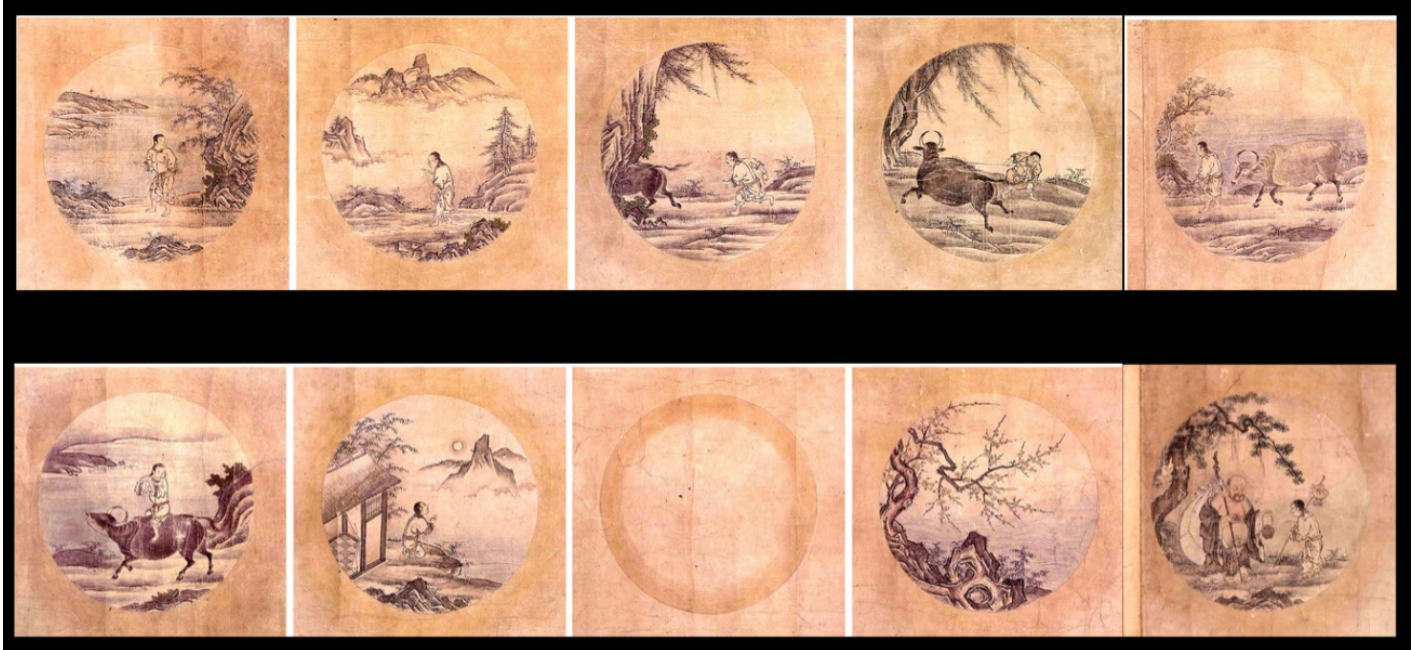


Shí (Ten)

Ten Oxherding Pictures, Version One (aka “the whitening of the ox”)



Ten Oxherding Pictures, Version Two



**“We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time...”**

*T.S. Eliot – Four Quartets, Little Gidding**

Books Discussed:

Joseph Campbell – Hero With A Thousand Faces*

Dorothy Norman – The Heroic Encounter*

Chungliang Al Huang – Embrace Tiger, Return to Mountain*

Honoring Friends



Jane Goodall



Paul Horn, Davos 1983



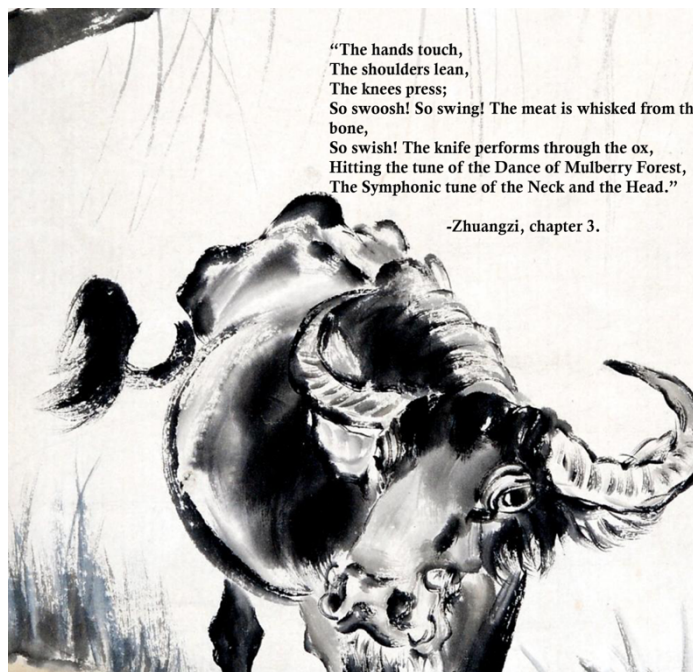
Hexagram #40
Thunder/arousing (Zhen) above
Water/abyss (Kan) below



Hexagram #40 Symbol
Jiě (deliverance, “untying”,
understanding)

*Reference: I Ching: The Classic Chinese Oracle of Change**

Prince Wen Hui’s cook. The Fable of Cook Ding
*Chuang Tsu: Inner Chapters**



“The hands touch,
The shoulders lean,
The knees press;
So swoosh! So swing! The meat is whisked from the
bone,
So swish! The knife performs through the ox,
Hitting the tune of the Dance of Mulberry Forest,
The Symphonic tune of the Neck and the Head.”

-Zhuangzi, chapter 3.



Niú (Ox)



Jiě
Hexagram #40 Symbol



Jiě
Hexagram #40 Symbol



Hexagram #40
Thunder/rousing (Zhen) above
Water/abyss (Kan) below

* References

The Chinese Book of Animal Powers
Chungliang Al Huang
ISBN 0-06-027728-9 / ISBN 0-06-027729-7

Four Quartets
T.S. Eliot
A Harvest Book, Harcourt, Inc.1971 (original 1943)
ISBN 978-0-15-633225-5

The Hero with a Thousand Faces
Joseph Campbell
ISBN 978-1-57731-593-3

The Heroic Encounter
Dorothy Norman

Embrace Tiger, Return to Mountain: The Essence of Tai Ji
Chungliang Al Huang
ISBN 978 1 84819 052 8

I Ching: The Classic Chinese Oracle of Change: The first Complete Translation with Concordance
Translated by Rudolf Ritsema and Stephen Karcher
ISBN 10: [1852306696](#) / ISBN 13: [9781852306694](#)

Chuang Tsu: Inner Chapters
Gia Fu Feng and Jane English
ISBN-13: 978-0872205819 / ISBN-10: 0872205819

Dictionary Definitions:

[解](#) jiě to [divide](#); to [break up](#); to [split](#); to [separate](#); to [dissolve](#); to [solve](#); to [melt](#); to [remove](#); to [untie](#); to [loosen](#); to [open](#); to [emancipate](#); to [explain](#); to [understand](#); to [know](#); a [solution](#); a [dissection](#)