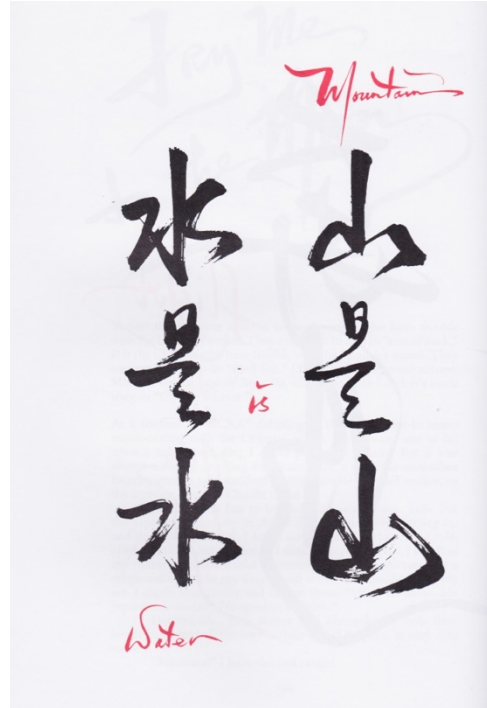
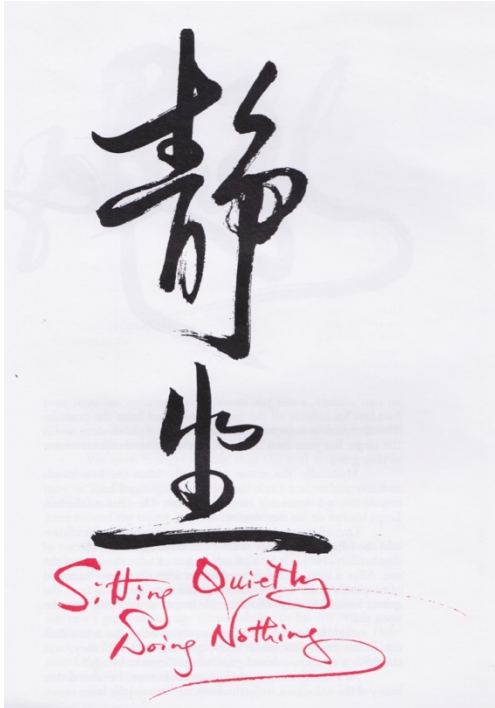
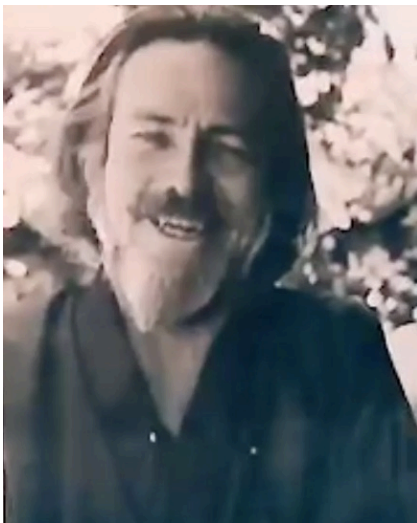


Winter Living Tao Tai Ji Study Series - Session Three Study Materials

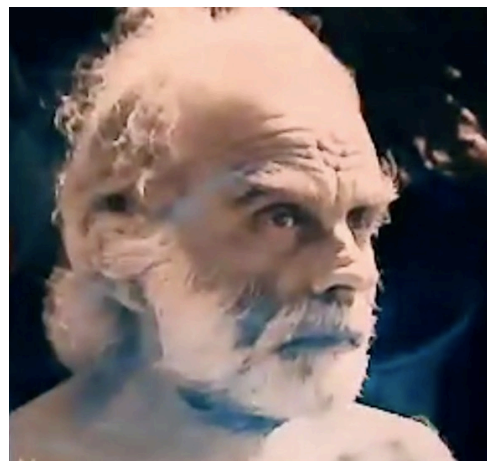
Warm-up with Essential Tai Ji and Qi Gong Exercises. Pre-Spring studies of 禪 Zen (Chan) Poetry, starting with the couplet of "Sitting Quietly Doing Nothing, Spring Comes, Grass Grow By Itself" (兀然無事坐 春來草自生). And "Mountain Is Mountain, Water Is Water" (山是山 水是水). Humor of High Ku Ku. Music and Dance.



HONORING FRIENDS



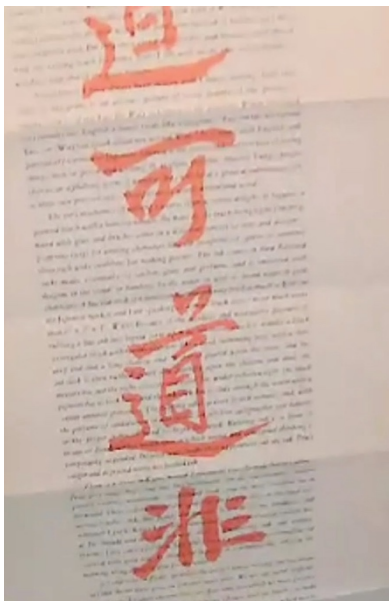
Alan Watts



James Broughton



Chungliang, John Blofeld, James Broughton, Paul Horn – 1978 “Butterfly Dream” Performance



Alan Watts Newsletter with his calligraphy and sketch

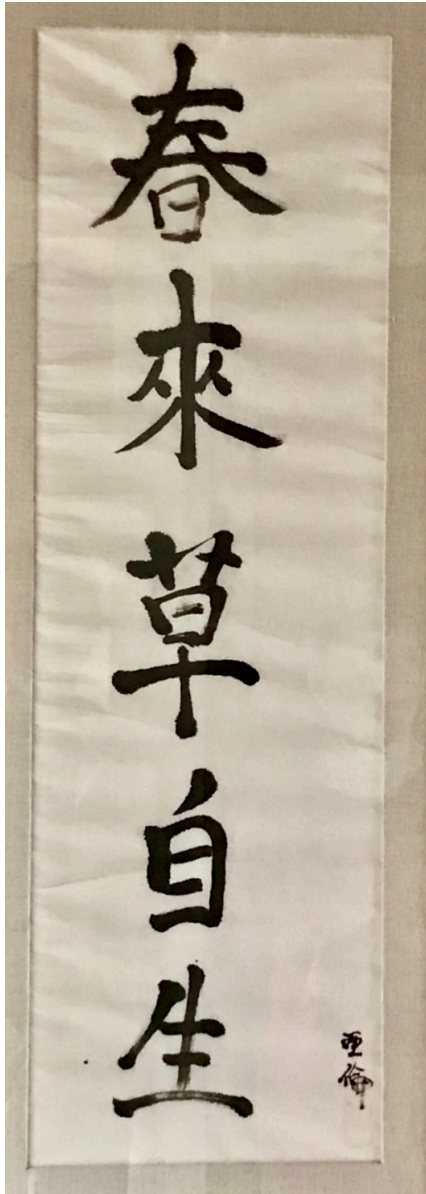
CHAN (ZEN)



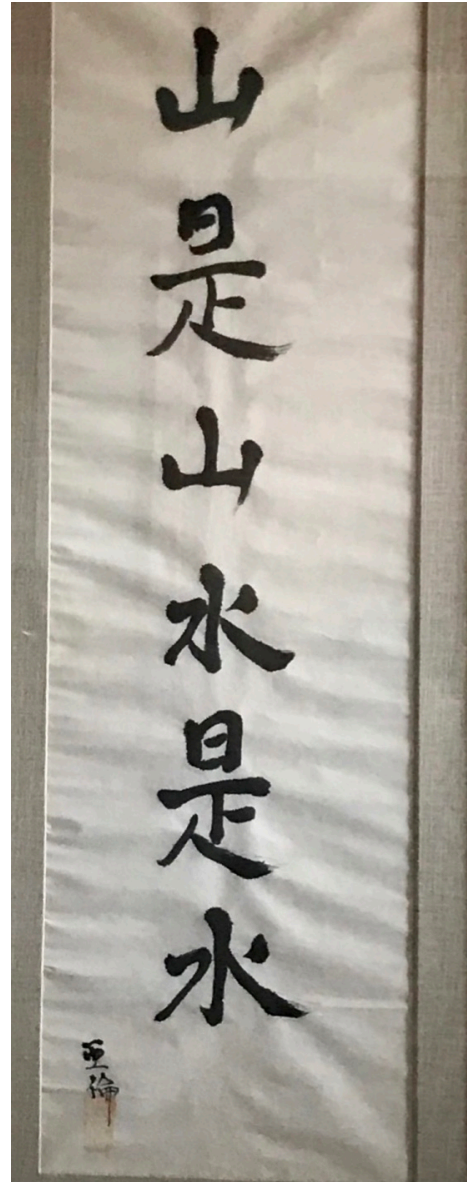
Chan Dharma Transmission: The basic 8 Chinese words of “Essential Zen”

*Directly pointing to the Heart/Mind.
Seeing into one's true nature, Buddhahood is attained (awakened).*

直指人心 見性成佛。



Spring comes grass grows by itself

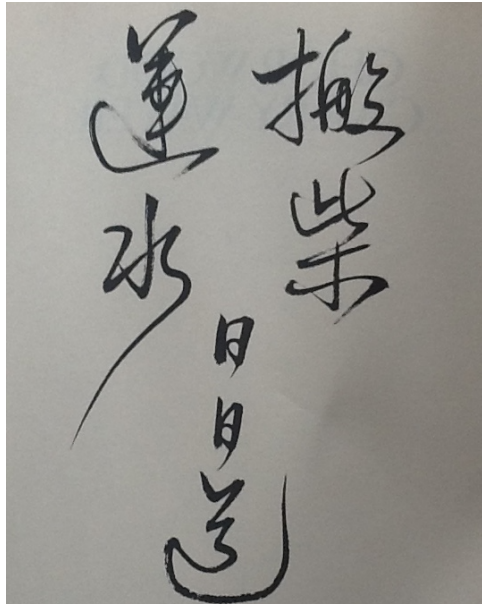


Mountain Is Mountain, Water Is Water

Calligraphy by Alan Watts

*“I should be content to look at a mountain for what it is and
not as a comment on my life.” — David Ignatow*

“Sitting quietly, doing nothing, Spring comes, grass grows, by itself” – Basho



Zen Kōan

"Before enlightenment,
chop wood, carry water.
After enlightenment, **chop
wood, carry water.**"

山是山 水是水

"Chop Wood, Carry Water, Every Day Tao"
Calligraphy by Chungliang Ai Huang



Baby Dalai Lama: A gift to Chungliang from and painted by Joan Baez

Haiku by Mizuta Masahide, poet and samurai (1657-1723)

My house burned down
Better for me to see the rising moon



Monkey Reaching for the Moon 猴子捞月

The monkey is reaching
For the moon in the water.
Until death overtakes him
He'll never give up.
If he'd let go the branch and
Disappear in the deep pool,
The whole world would shine
With dazzling pureness.

– Zen Master Hakuin Ekaku



Dun Wu - Sudden Awakening / Satori (this shows Wu only) - 頓悟

REFERENCES

Chén Fú Tí Piāo Fēi Xiáng

(Sink, Rebound, lift, float, fly, soar)

Chén 沉

(ts-cun) to submerge; to immerse; **to sink**; to keep down; to lower; to drop; deep; profound; heavy

Fú 浮

(foh) to float; superficial; floating; unstable; movable; provisional; temporary; transient; **impetuous**; hollow; inflated; to exceed; superfluous; excessive; surplus

Tí 提

(tee) to carry (hanging down from the hand); **to lift**; to put forward; to mention; to raise (an issue); upwards character stroke; lifting brush stroke (in painting); scoop for measuring liquid

Piāo 飄

(pyow) to "ride the wind"; "Drift on air"

Fēi 飛

(faye) **to fly**

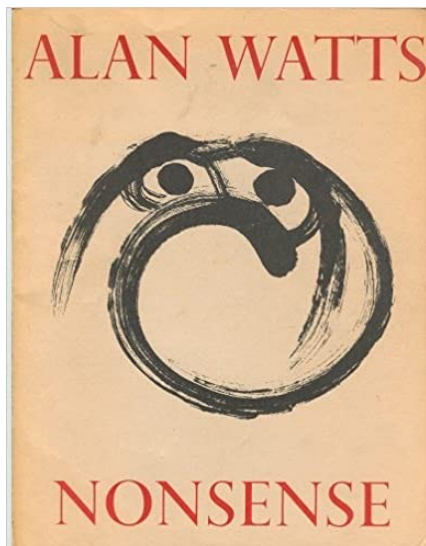
Xiáng 翔

(sh'ang) **to soar**; to glide; variant of 詳

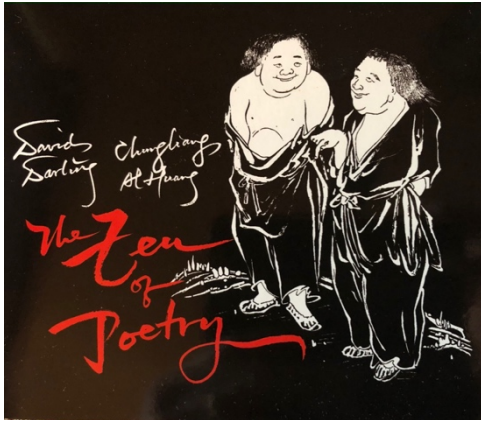
The beginning of each Living Tao circle form

(See Study Materials from October 2020):

Infinity/Mobius strip action based on the traditional Lan Que Wei = Grasping Swallows Tail
The next movement series following the beginning: Peng, Lu, Ji, An



Alan Watts, Nonsense, 1967
(Zen Poems)



The Zen of Poetry (CD), David Darling & Chungliang Al Huang, 2009



Alan Watts Memorial Flyer