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


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 Al 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
Chén Fú Tí Piāo Fēi Xiáng
(Sink, Rebound, lift, float, fly, soar)

Chén 沉
to submerge; to immerse; to sink; to keep down; to lower; to drop; deep; profound; heavy

Fú 浮
to float; superficial; floating; unstable; movable; provisional; temporary; transient; impetuous; hollow; inflated; to exceed; superfluous; excessive; surplus

Tí 提
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
to "ride the wind"; “Drift on air”

Fēi 飛
to fly

Xiáng 翔
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