

## Spring Living Tao Essential Tai Ji Series - Session One Study Materials

*The session focuses on the ongoing studies of the Living Tao Core Essential curriculum to include Essential Tai Ji, Living Tao Philosophy, Form and Structures: Tai Ji Ritual, 5 Moving Forces, and Tai Ji Circles, to enlighten your practice with new insights.*

### RENEWAL – CREATIVITY



*“Sitting Quietly Doing Nothing, Spring Comes, Grass Grow By Itself”\**

*兀然無事坐 春來草自生*

*\*Refer to March 2021 Study Materials Session Three*



Forest

7 Chakras (Zhong, Yong, An, Ding, Nei, Guan, Yin) & Tai Ji Ritual\*

\*Refer to Sept 2020 Study Materials Session One

Kai Xin  
Open Heart / Mind

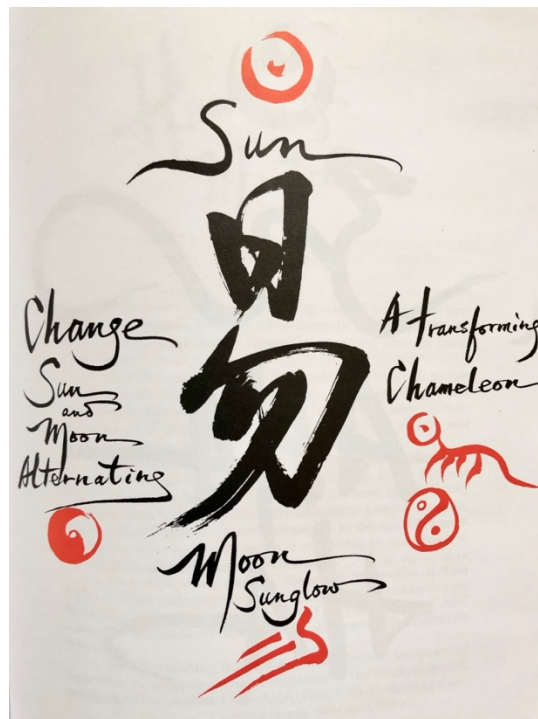


Kai



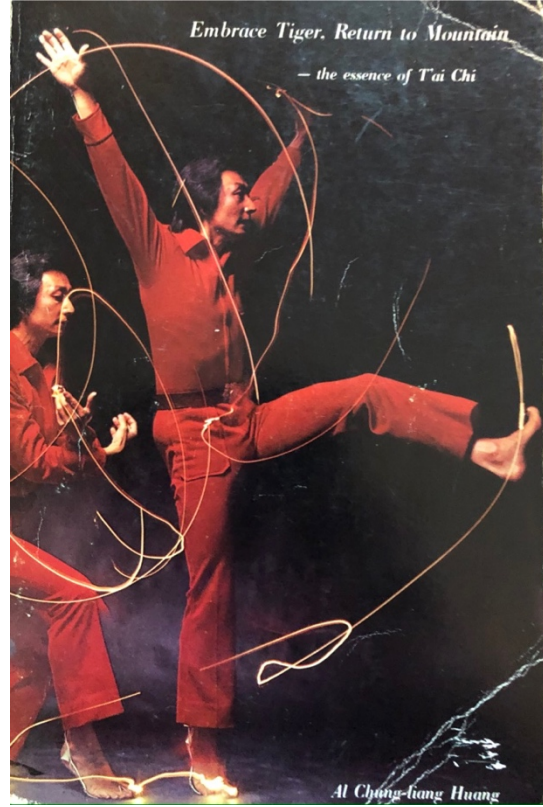
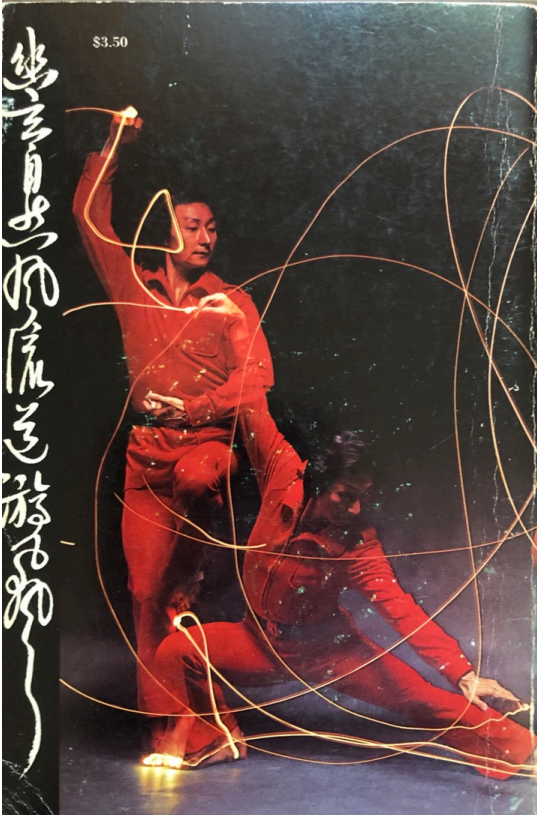
Xin

Yi – Change

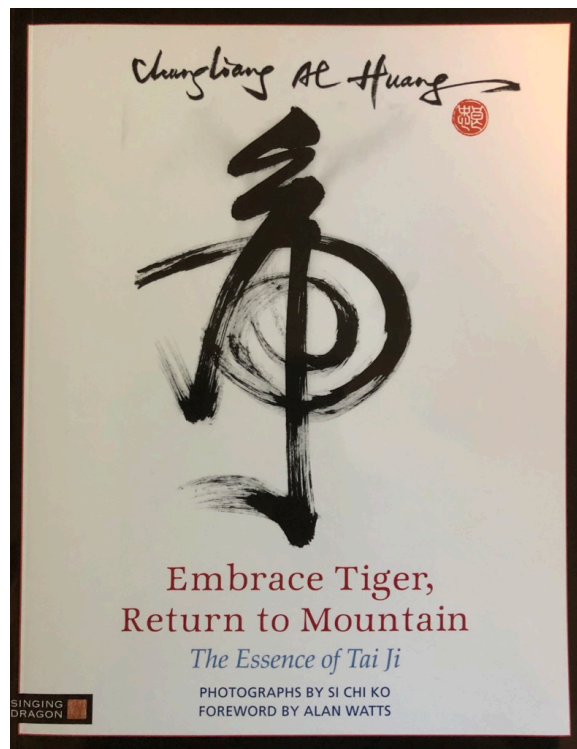


\*1

**EMBRACE TIGER, RETURN TO MOUNTAIN BY CHUNGLIANG AL HUANG**



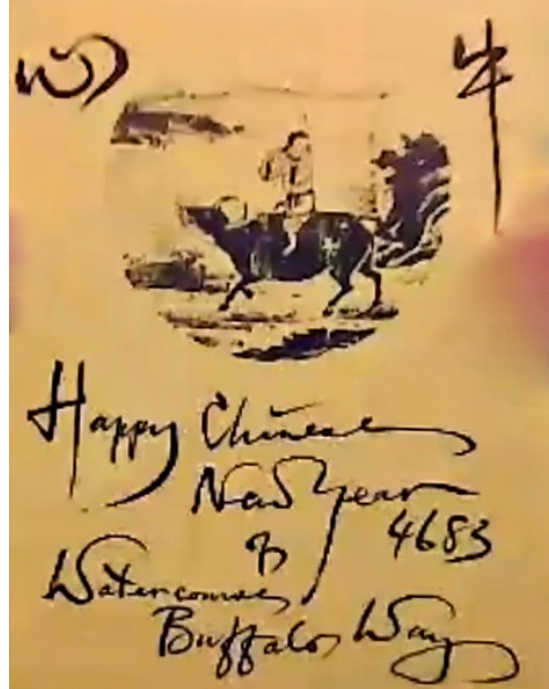
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**WU WEI – OXHERDING YEAR**



*\*Refer to February 2021 Study Materials Session Two*



Wéi



Wú

Effortless action / literally “no doing”/ letting things take their own course

**Zi Ran**  
**Nature (also “self-sameness”- Alan Watts)**



Rán

Zì

***Spring Comes, Grass Grow By Itself***



Spring



Comes



Grass/Grows



By itself

**“TAI JI IS LIKE USING CHOPSTICKS...  
USING YANG YIN BALANCE TO FIND THE CENTER”**



“How to Use Chopsticks Properly” fable found in Chungliang’s book “Quantum Soup”  
*\*See References*

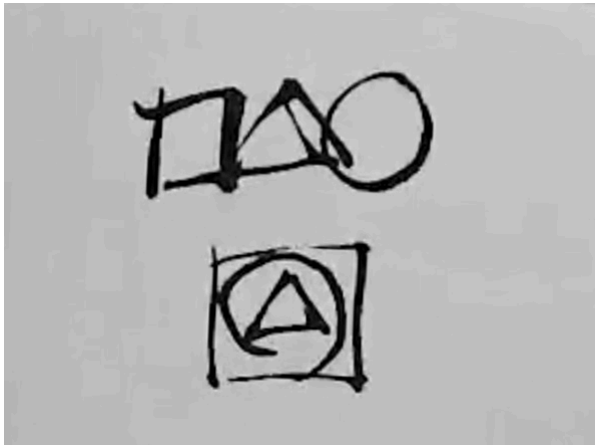
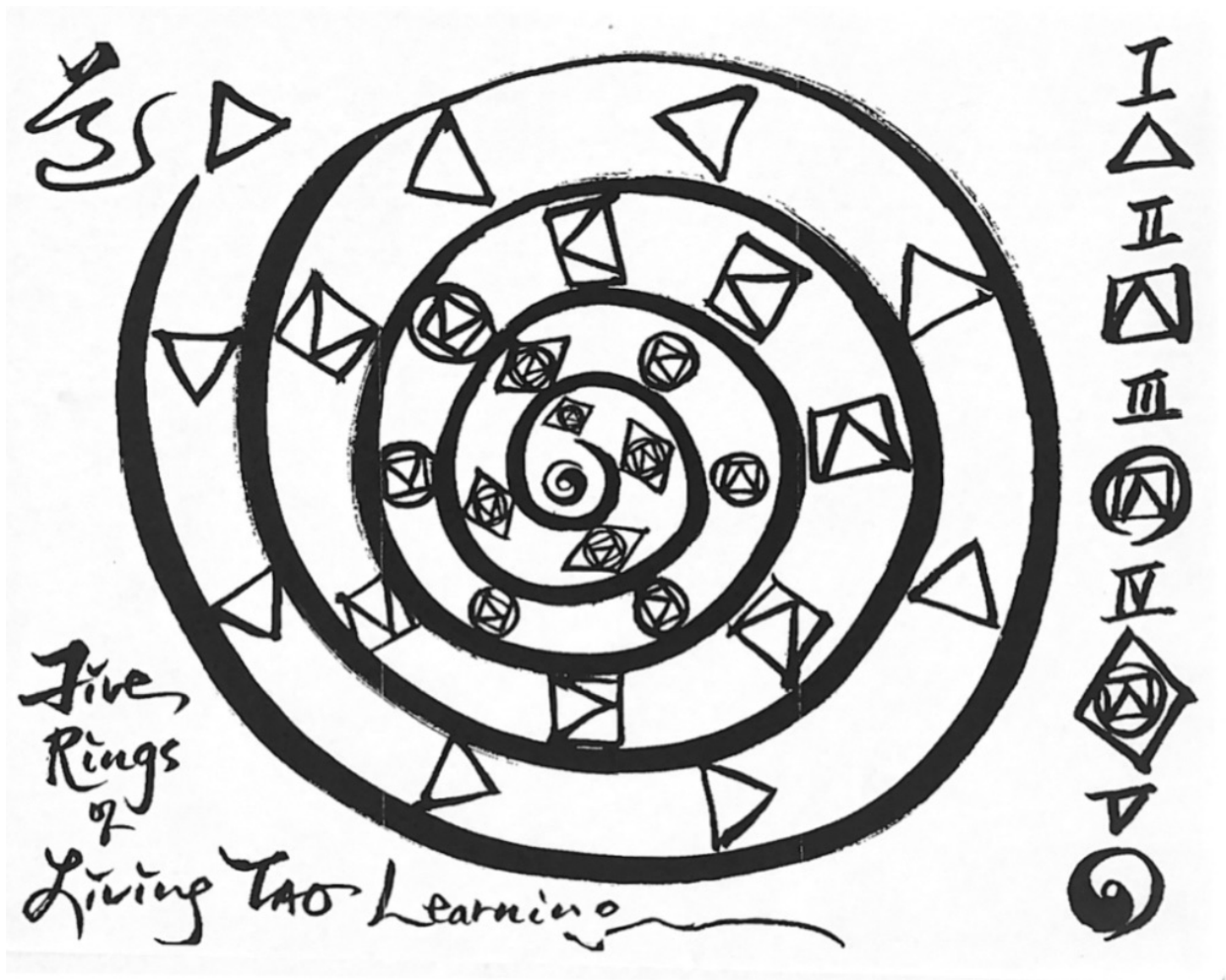
**5 MOVING FORCES – WU XING**



Huǒ - fire, Shuǐ - water, Mù – wood, Jīn - metal/gold, Jīn - metal/gold\*

*\*Refer to Sept 2020 Study Materials Session One*





Three Treasures" (San Bao) the essential energies sustaining human life:

Jing 精 "essence; " Qi 氣 "vitality, energy, breath; Shen 神 "spirit"

*\*Refer to Sept 2020 Study Materials Session One*



Wuji 無極 state of emptiness



## POETRY



### Decoration Day by Ted Kooser

It takes the hard work  
Of a dozen ants  
To open each bud  
Of a peony.  
For weeks, there they are,  
Clickety-clack,  
Biting the sutures  
And licking the glue.  
Then, one by one  
On Decoration Day,  
The blossoms explode,  
Tossing the ants  
All over the yard.  
Early that morning,  
We find these flowers  
Opened, pink and white,  
And in the wet grass,  
Hundreds of ants  
With the staggers, all  
Watching the sky.

**登鶴雀樓 Dēng guàn què lóu (Climbing White Stork Tower)**

**by the Tang dynasty poet 王之渙 Wang Zhihuan**

白日依山盡，

黃河入海流。

欲窮千里目，

更上一層樓

Bái rì yī shān jìn,

huánghé rù hǎiliú.

Yù qióng qiānlǐ mù,

gèng shàng yī céng lóu

The setting sun leans on the furthest mountains,  
The Yellow River spreads into the sea.  
Yearning to see a thousand miles further?  
Just climb one more storey.

**Chou Nu ER (醜奴兒)**

**by 宋代 Song Dynasty poet, 辛棄疾 Xin Qi Ji**

**translated by Lin Yutang 林語堂**

少年不識愁滋味，

愛上層樓。愛上層樓，

為賦新詞強說愁。

而今識盡愁滋味，

欲說還休。欲說還休，

卻道天涼好箇秋。

In my youth I had no idea of what sorrow was  
And I loved to climb up to lofty places, Up the lofty places  
for composing new poems I pretended to talk of sorrow

Now, I've tasted sorrow thoroughly  
And I loath to talk about it, loath to dwell on it  
Instead, I say: "What a lovely, cool autumn day!"

## HONORING MOTHERS



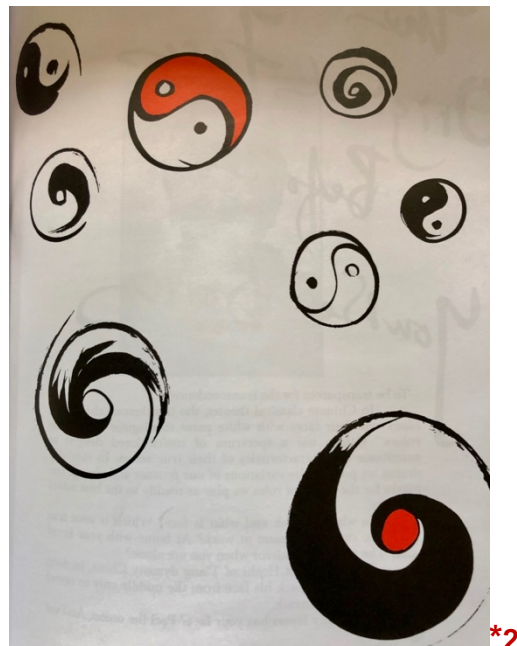
**Madam Lee Chih-Chang – Mama Huang**



YIN YANG / WU JI



Yin Yang



Wu Ji

*\*See References for the sources of images by Chungliang*





## REFERENCES

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