

Spring Living Tao Essential Tai Ji Series - Session Three Study Materials

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

THRIVING—GRATEFULNESS



謝天謝地 Xie Tian Xie Di (Grateful to heaven and earth)

天下 Tian Xia

(all under heaven – one family of human beings)

謝謝大家 Xie Xie Da Jia (thank everyone) 大家 Da Jia (All in the family)

HAIKU by Kobayashi Issa (小林一茶)

“Oh, Snail
Climb Mount Fuji
But slowly, slowly!”

Japanese / Kanji: *Katatsumuri soro soro nobore Fuji no yama* / 蝸牛そろそろ登れ富士の山

4 MOVES IN TAI JI CIRCLES

棚掙擠按 PENG, LU, JI, AN

(“pon, lew, gee, ahn”)

NOTE: See “**References**” below for link to **Dalai Lama film: Evolution of the Heart**

EMPTY SPACES. . .TIMELESS PLACE. . .ETERNAL NOW



Sculpture by Marina Donati

Refer to **Tai Ji Ritual in September 2020 Study Materials*

COMPASSIONATE PERSON – Cí Bēi



Cí – compassionate, nurturing



Bēi – sorrow, grief
“Heart-to-Heart empathy/compassion” to
feel other’s sorrow and suffering

BALANCE

Oh, East is East and West is West, and never the twain shall meet;
Till Earth and Sky stand presently at God's great Judgement Seat. . .

~ Rudyard Kipling
The Ballad Of East And West

POETRY

Last Night, As I Was Sleeping (ANOCHE CUANDO DORMÍA)

by Antonio Machado (1875 – 1939, Spain)

LAST NIGHT, AS I WAS SLEEPING,
I DREAMT – BLESSED ILLUSION! –
THAT A FOUNTAIN WAS FLOWING
OUT OF MY HEART.
I SAID: ALONG WHICH SECRET AQUEDUCT,
OH, WATER, ARE YOU COMING TO ME,
SPRING OF A NEW LIFE
FROM WHERE I HAVE NEVER DRANK?

LAST NIGHT, AS I WAS SLEEPING,
I DREAMT – BLESSED ILLUSION! –
THAT I HAD A BEEHIVE
HERE INSIDE MY HEART.
AND THE GOLDEN BEES
WERE MAKING WHITE COMBS
AND SWEET HONEY
FROM MY OLD BITTERNESS.

LAST NIGHT, AS I WAS SLEEPING,
I DREAMT – BLESSED ILLUSION! –
THAT A FIERY SUN WAS GIVING
LIGHT INSIDE MY HEART.
IT WAS FIERY BECAUSE I FELT
WARMTH AS FROM A HEARTH,
AND SUN BECAUSE IT GAVE LIGHT
AND BROUGHT TEARS TO MY EYES.

LAST NIGHT, AS I WAS SLEEPING,
I DREAMT – BLESSED ILLUSION! –
THAT IT WAS GOD I HAD
HERE INSIDE MY HEART.

HAS MY HEART GONE TO SLEEP?
HAVE THE BEEHIVES OF MY DREAMS
STOPPED WORKING, THE WATERWHEEL
OF THE MIND RUN DRY,
SCOOPS TURNING EMPTY,
ONLY SHADOWS INSIDE?

ANOCHE CUANDO DORMÍA
SOÑÉ ¡BENDITA ILUSIÓN!
QUE UNA FONTANA FLUÍA
DENTRO DE MI CORAZÓN.
DI: ¿POR QUÉ ACEQUIA ESCONDIDA,
AGUA, VIENES HASTA MI,
MANANTIAL DE NUEVA VIDA
EN DONDE NUNCA BEBÍ?

ANOCHE CUANDO DORMÍA
SOÑÉ ¡BENDITA ILUSIÓN!
QUE UNA COLMENA TENÍA
DENTRO DE MI CORAZÓN;
Y LAS DORADAS ABEJAS
IBAN FABRICANDO EN ÉL,
CON LAS AMARGURAS VIEJAS,
BLANCA CERA Y DULCE MIEL.

ANOCHE CUANDO DORMÍA
SOÑÉ ¡BENDITA ILUSIÓN!
QUE UN ARDIENTE SOL LUCÍA
DENTRO DE MI CORAZÓN.
ERA ARDIENTE PORQUE DABA
CALORES DE ROJO HOGAR,
Y ERA SOL PORQUE ALUMBRABA
Y PORQUE HACÍA LLORAR.

ANOCHE CUANDO DORMÍA
SOÑÉ ¡BENDITA ILUSIÓN!
QUE ERA DIOS LO QUE TENÍA
DENTRO DE MI CORAZÓN.

¿MI CORAZÓN SE HA DORMIDO?
¿COLMENARES DE MIS SUEÑOS
YA NO LABRÁIS? ¿ESTÁ SECA
LA NORIA DEL PENSAMIENTO,
LOS CANGILONES VACÍOS,
GIRANDO, DE SOMBRA LLENOS?

NO, MY HEART IS NOT SLEEPING.
IT IS AWAKE, WIDE AWAKE.
NOT ASLEEP, NOT DREAMING,
ITS EYES ARE WIDE OPEN,
DISTANT WATCHING DISTANT SIGNALS, LISTENING
ON THE RIM OF THE VAST SILENCE.

NO, MI CORAZÓN NO DUERME.
ESTÁ, DESPIERTO, DESPIERTO.
NI DUERME, NI SUEÑA, MIRA
LOS CLAROS OJOS ABIERTOS,
SEÑAS LEJANAS Y ESCUCHA
A ORILLAS DEL GRAN SILENCIO.

ALTERNATE TRANSLATION:

NO, MY HEART IS NOT SLEEPING.
IT IS AWAKE, WIDE AWAKE.
IT NEITHER SLEEPS, NOR DREAMS.
IT SEES, WITH EYES WIDE OPEN,
DISTANT SIGNALS AND LISTENS
ON THE RIM OF THE VAST SILENCE.

PREVIEWS FOR CONTINUING PRACTICE

2nd Circle

拳 Quán

Fist

太極拳 “Tai Ji open fist

掌 Zhǎng

Palm

太極掌 Tai Ji palm release

扇 Shàn 通 Tōng 背 Bēi

(Fan through back)

“Fanning CHI/QI 氣 up the spine”— remaining deeply rooted on your stance.



4th Circle

金雞獨立 Jīn, Jī, Dú, Lì
Golden bird one leg balancing

蛇 She / snake 斜 or Xie / slanting 身 Shen / body 下 Xia / down 地 Di / earth
Slanting Body/ Snake Creeps Down



玉 Yu 女 Nu 穿 Chuan 梭 Suo
Jade Maiden Weaving
(four diagonal upper corners to connect the qi)

REFERENCES

Dalai Lama Film - Evolution of the Heart:

https://www.mindandlife.org/insight/evolution-of-the-heart/?utm_source=DedicatedEmail&utm_medium=email&utm_campaign=Evolution

Music:

Michael Fitzpatrick, "Invocation for World Peace"; on YouTube
<https://www.youtube.com/watch?v=AYiArqAeduo>

The following material can be found in previous session study materials which have been posted on the Living Tao website on the "News from Chungliang" page.

September 2020 Study Materials:

- *Tai Ji Ritual Guide*
 - *Tai Ji Chakras (Zhong/Yong/An/Ding/Ne/Guan/Yin)*