

August 2021

Dear Living Tao family:

August is the month to savor the last of the summer and to look forward to autumn. This is also the month of my birth when I turn inward to reflect and renew.

We can all take August off before we resume our monthly Zoom sharing starting with a FREE session in September. With this session of review / renew / refresh, I will be focusing on the philosophical concepts of Knowledge 智 - Wisdom 慧 - Learning 學 and Practice 習。

As many of our Living Tao family are in their middle years, approaching or already in our senior years, aging is a daily process of awareness. For years now, many of you have heard and seen me putting "S" before aging, to make it "Saging". We have been making a distinction between the "Knowledge" we accumulate, and the true "Wisdom" gained over the years that cannot not be quantified without the experience of inward knowing. The "S" is also the visual line of division within the "Yin/Yang" symbol showing perfect balance — a moving and constantly transforming process that we endeavor to find and adjust to from moment to moment. Attaining Wisdom is never an achievement; instead, it is an ongoing daily process of learning and practice.

On September 11th when we meet on zoom, we will review and refresh, as always, what we have been studying, and delve deeper into:

- philosophical exploration (The Greek root of Philosophia is "The Love of Wisdom");
- 智 Knowledge (aiming for the bulls-eye center);
- 慧 Wisdom (Body-mind-spirit centering in the Heart/Mind);
- 學 Learning (opening our fertile mind with childlike wonderment); and
- 習 Practice (innocently flapping our wings learning to fly).

We will offer this September 11th session Free for ALL: for you, as well as your family and friends, to join in and share the learning. So watch for the email announcement to Register.

Lastly, our ongoing official Autumn Series on Zoom will be October 9th, November 13th, and December 11th of this year. Access to the recording will be available if you are unable to participate in the Live session. Details will be forthcoming.

I am looking forward to seeing you on Zoom to share and enliven our mutual practice.

CHI-eers,

A handwritten signature in black ink, appearing to be 'Chi-eers', written in a cursive, flowing style.