

“SAGING”

Knowledge 智 - Wisdom 慧 - Learning 學 and Practice 習。
Study Materials



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 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.

*For the opening sequence of the **Tai Ji Ritual** see “References” below.



Kai (Open)



Xin (Heart/Mind)

4 Moves In Tai Ji Circles



棚捋擠按 PENG, LU, JI,
AN
("pon, lew, gee, ahn")



Sculpture by Marina Donati

Commentary About "Saging"

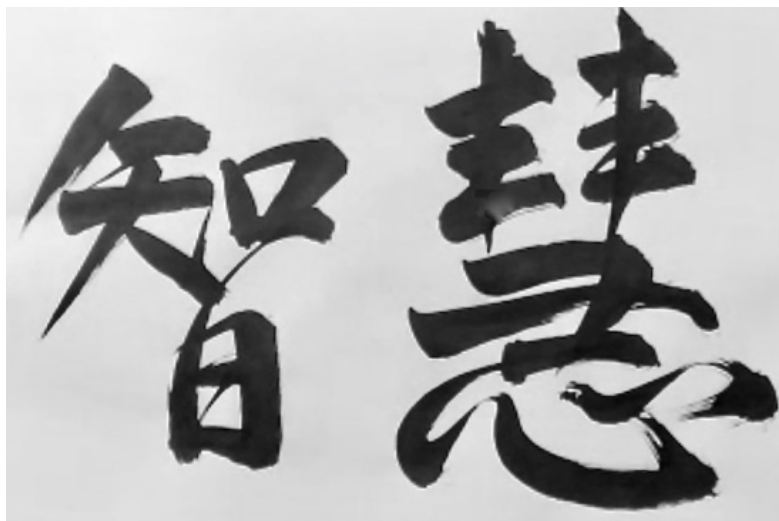
Lin Yu-tang in his seminal book, "The importance of Living" has this to say about Sage-ing:

"It is to be assumed that if a person were to live this life like a poem, he/she would be able to look upon the sunset of his life as his happiest period, and instead of trying to postpone the much-feared old age, be able actually to look forward to it, and gradually build up to it as the best and happiest period of his existence..."

In China, age and experience are regarded with high esteem. When encountering a new friend, a proper greeting may be, "What is your honorable age?" to show admiration and respect.

In India, the last 3rd of a person's life is reserved for oneself for personal cultivation and fulfillment. It is time for the Heart Chakra to open completely. to transcend higher and higher from one's deeper consciousness.

Knowledge / Wisdom



Zhi / Knowledge

Hui / Wisdom

Aiming for the bulls-
eye center

Body-mind-spirit centering
in the Heart/Mind

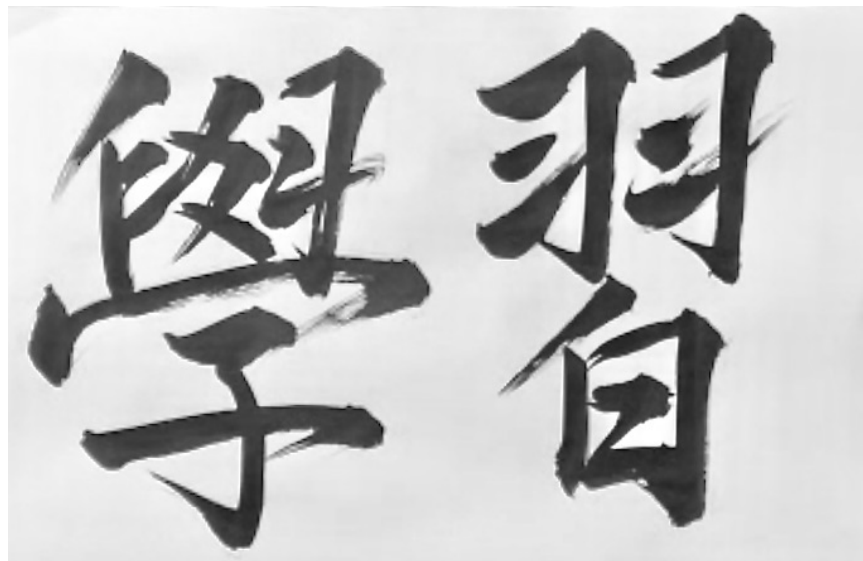
*For the sequence of the **Tai Ji Chakras** see "References" below.

“Fanning CHI/QI 氣 up the spine”
Remaining deeply rooted on your stance



扇 Shàn 通 Tōng 背 Bēi
(Fan through back)

Learning / Practice



Xue / Learning
Opening our fertile mind
with childlike wonderment

Xi / Practice
Innocently flapping our
wings learning to fly

Five Moving Forces - Wu Xing



Huo / Fire



Shui / Water



Jin / Metal /
Golden crystalized energy



Mu / Wood/Wind



Tu / Earth

References

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

September 2020 Study Materials:

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

The Importance of Living, Lin Yutang, Harper Collins Publishers Inc., 1937/1965. Quill Publishers 1998
ISBN 0-688-16352-1