

Autumn Living Tao Essential Tai Ji Session 1 — Study Materials

WOW!!



Continuing to explore the metaphors of the basic Tai Ji motifs, starting with the “Five Moving Forces of Nature” 五行 (Wu Xing), the essential Qi Gong practice of the “Eight Folds of Silk Brocades” 八段錦 (Ba Duan Jin), and gradually unraveling the Tai Ji circles, one motif at a time, delving deeper into the never ending explorations. We will re-examine the simple purity with the metaphors of “Unbleached Silk and Uncarved Block” 純樸 (Chun Pu); to “Return to Being the Child” 返樸歸真 (Fan Pu Gui Zhen), to recapture a “Sense of Universal Wonder”, to be 天真 Heavenly Truthful (Tian Zhen), and Naturally So 自然 (Zi Ran).

Heavenly Truthful



Zhen (truthful)



Tian (heavenly)

Self So-Ness / Naturally So



Zi (self)



Ran (its own nature)

Five Moving Forces of Nature



Refer to September 2021 Study Materials

Eight Folds of Silk Brocades 八段錦 Ba Duan Jin

(also, Eight Pieces of Brocade)



- 1. Shuang Shou Tuo Tian li San Jiao 雙手托天理三焦**
Both hands hold up the Heavens to regulate the Triple Heaters
- 2. Zuo You Kai Gon Si She Diao 左右開弓似射雕**
Drawing the bow left and right to shoot the hawk
- 3. Tiao Li Pi Wei Xu Dan Ju 調理脾胃須單舉**
Circulate heaven and earth with singular arms for healthy spleen and stomach
- 4. Wu Lao Qi Shang Wang Hou Qiao 五勞七傷往後瞧**
Looking back stretching to heal all illnesses
- 5. Yao Tou Bai Wei Qu Xin Huo 搖頭擺尾去心火**
Sway the head and shake the tail to cool the overly passionate Heart Fire
- 6. Liang Shou Pun Zhu Gu Shen Yao Two 兩手攀足固腎腰**
Hands hold the Feet to strengthen the kidneys and lower back
- 7. Zan Quan Nu Mu Zeng Qi Li 攢拳怒目增氣力**
Clench the fists and glare fiercely to fortify Qi strength
- 8. Bei Hou Qi Dian Bai Bing Xiao 背后七顛百病消**
Looking back seven times a hundred illnesses will be healed

Two Symbols Using 8 Directions to Remember the Qi Flow

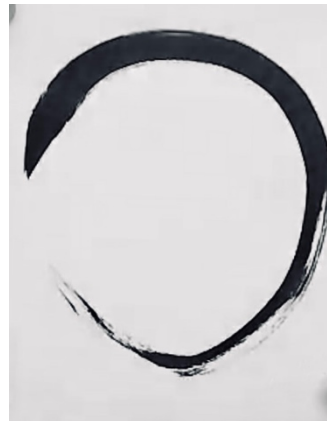


Golden Flower



Hua (flower/blossom)

Begin at the



Beginning!

Tai Ji Movements in First Circle Practice

Bai He Liang Chi 白鹤亮翅 White Crane Spreads (flashes) its Wings

Shou Hui Pi Pa 手揮琵琶 Playing Pipa

Ti Shou 提手 Lifting Hand; Shang Shi 上勢 Up pose/posture

Metaphors of Unbleached Silk and Uncarved Block



Chun (Unbleached Silk)



Pu (Uncarved Block)

*You always carry within yourself the very thing that you need
for the fulfillment of your life purpose.*

by Malidorma Some' author of
Of Water and the Spirit

Supplemental References

Child in the Rain Video: <https://youtu.be/mxmmvHsDeul>

The Valley Spirit: Living a Tao-Inspired Life
Stephen Altschuler
2021 Sacajawea Press, Vancouver, WA, USA

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

September 2020 Study Materials:

- Wu Xing (Five Moving Forces)
- Jing/Qi/Shen (Essence/Breath/Spirit)
- Tai Ji Ritual Guide
- Tai Ji Chakras (Zhong/Yong/An/Ding/Ne/Guan/Yin)