

Autumn Living Tao Essential Tai Ji Session 2 — Study Materials



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).

FRIENDS AND COLLEAGUES

We continue to honor friends and colleagues who have supported Living Tao Foundation through the years. . .

Please look up their names on our Living Tao Foundation website.

Find links to their foundations and networks to tune in and support their admiral work at:

<https://livingtao.org/press-room/>

[See the Supplemental References below]

ESSENTIAL EXERCISES OF CHINA

八段錦 Ba Duan Jin ~ Eight Folds of Silk Brocades

(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 背後七顛百病消

Looking back seven times a hundred illnesses will be healed

FIVE MOVING FORCES OF NATURE

Huo – Fire



Shui – Water

Mu
Wood/Wind

Jin
Metal/Golden crystalized energy

Tu (in center)
Earth

[Refer to September 2020 Study Materials]

KEY SYMBOLS

Wu	Tai		Jing	Qi	Shen
					
Wei	Ji	Dao	De	Zi	Ran

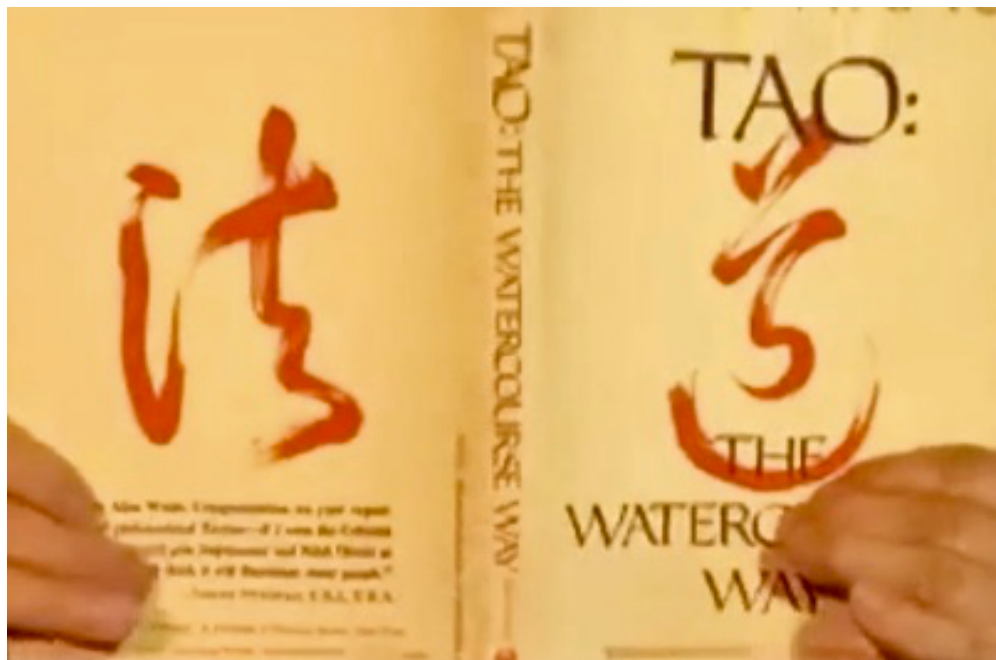
FENG LIU



Feng (wind flow)

Liu (water flow)

DAO FA



Fa (imitates "the law" of flow)

Dao (the way)



Huá ("the natural process of flowering")



Huā (flower/blossom)



Kai (open)



Xin (Heart/Mind)

TAI JI MOVEMENTS IN FIRST CIRCLE PRACTICE

Bai He Liang Chi 白鶴亮翅 White Crane Spreads (flashes) its Wings

Shou Hui Pi Pa 手揮琵琶 Hand Strumming or Plucking Pipa



Xin – Heart/Mind



An – Balancing/Inner Peace

**TAI JI CHAKRAS
(ZHONG/YONG/AN/DING/NE/GUAN/YIN)**

[Refer to September 2020 Study Materials]

TAI JI MOVEMENTS IN SECOND CIRCLE PRACTICE

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.

Supplemental References

“A few of the many special friends and colleagues who have supported Living Tao Foundation through the ages . . .” <https://livingtao.org/press-room/>

George Thompson

The Wonders of Life <https://www.youtube.com/watch?v=vZfwLfZKD38>

Journey To The East <https://www.youtube.com/watch?v=CE9vH3vtrr4>

Mihaly Csikszentmihalyi (Hungarian Psychologist)

Flow: The Psychology of Optimal Experience

(Harper Perennial Modern Classics)

Dancing with Birds by Mohammed Shneiwer

<https://www.facebook.com/Shneiwerart>

Music

“Mantra: Pipa Meditation” by Wu Man from “CHINA-Spirit and Wisdom” (Ellipsis Arts)

“Zen of Water” by David Mingyue Liang from “In C”

“Wade in the water” with Ramsey Lewis from “The Best Jazz...Ever” (Circa Records Ltd 1996)

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)