

Winter Living Tao Essential Tai Ji Series — Session 2 (March 2022)

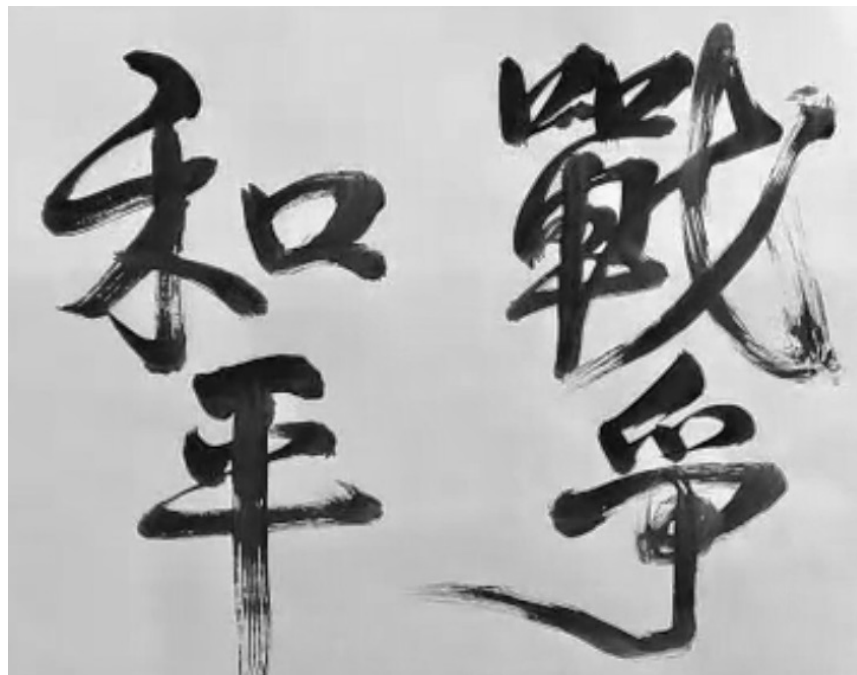
~ Study Materials ~



This series is designed to delve more deeply into the ongoing exploration of the Living Tao forms, metaphors, and philosophy. The areas of study for Session One include:

- *More details of Tai Ji motif, Tai Ji Ritual, and “Five Moving Forces of Nature” 五行 (Wu Xing);*
- *The “Watercourse” metaphors in the Tao Te Ching (Dao De Jing);*
- *The concepts of “Heaven and Human are One”, and “Body/Mind and Heart/Mind are One”.*

ZHÀN ZHĒNG YŪ HÉ PÍNG / WAR AND PEACE



Hé Píng

Zhàn Zhēng

THE SECOND COMING – W.B. YEATS

Turning and turning in the widening gyre
The falcon cannot hear the falconer;
Things fall apart; the centre cannot hold;
Mere anarchy is loosed upon the world,
The blood-dimmed tide is loosed, and everywhere
The ceremony of innocence is drowned;
*The best lack all conviction, while the worst
Are full of passionate intensity.*

Surely some revelation is at hand;
Surely the Second Coming is at hand.
The Second Coming! Hardly are those words out
When a vast image out of *Spiritus Mundi*
Troubles my sight: somewhere in sands of the desert
A shape with lion body and the head of a man,
A gaze blank and pitiless as the sun,
Is moving its slow thighs, while all about it
Reel shadows of the indignant desert birds.
The darkness drops again; but now I know
That twenty centuries of stony sleep
Were vexed to nightmare by a rocking cradle,
And what rough beast, its hour come round at last,
Slouches towards Bethlehem to be born?

Source: *The Collected Poems of W. B. Yeats* (1989)

COMPASSION



BEI (compassion)

CI (heart-full feeling)

JOYFULLY PARTICIPATING IN THE SORROWS OF THE UNIVERSE

Chanting of the Compassionate Bodhisattva

Translation by John Blofeld

CONFUCIUS – DA XUE (Great Learning)

The ancients who wished to illustrate illustrious virtue throughout the kingdom, first ordered well their own states. Wishing to order well their states, they first regulated their families. Wishing to regulate their families, they first cultivated their persons. Wishing to cultivate their persons, they first rectified their hearts. Wishing to rectify their hearts, they first sought to be sincere in their thoughts. Wishing to be sincere in their thoughts, they first extended to the utmost their knowledge. Such extension of knowledge lay in the investigation of things. Things being investigated, knowledge became complete. Their knowledge being complete, their thoughts were sincere. Their thoughts being sincere, their hearts were then rectified. Their hearts being rectified, their persons were cultivated. **Their persons being cultivated, their families were regulated. Their families being regulated, their states were rightly governed. Their states being rightly governed, the whole kingdom was made tranquil and happy.** From the Son of Heaven down to the mass of the people, all must consider the cultivation of the person the root of everything besides. It cannot be, when the root is neglected, that what should spring from it will be well ordered. It never has been the case that what was of great importance has been slightly cared for, and, at the same time, that what was of slight importance has been greatly cared for.

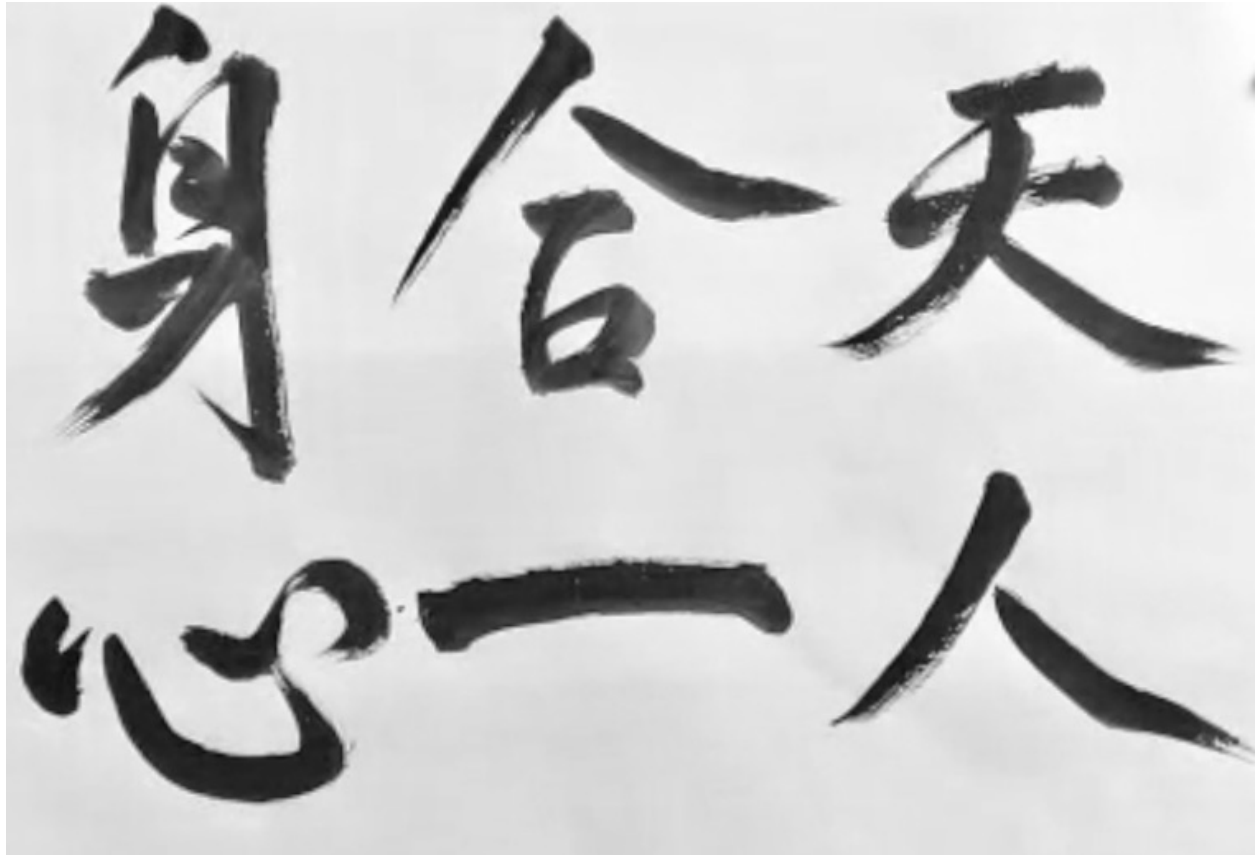
~ Translated by James Legge

CENTER



ZHŌNG

HEAVEN / HUMAN; BODY / MIND HARMONIZE AS ONE

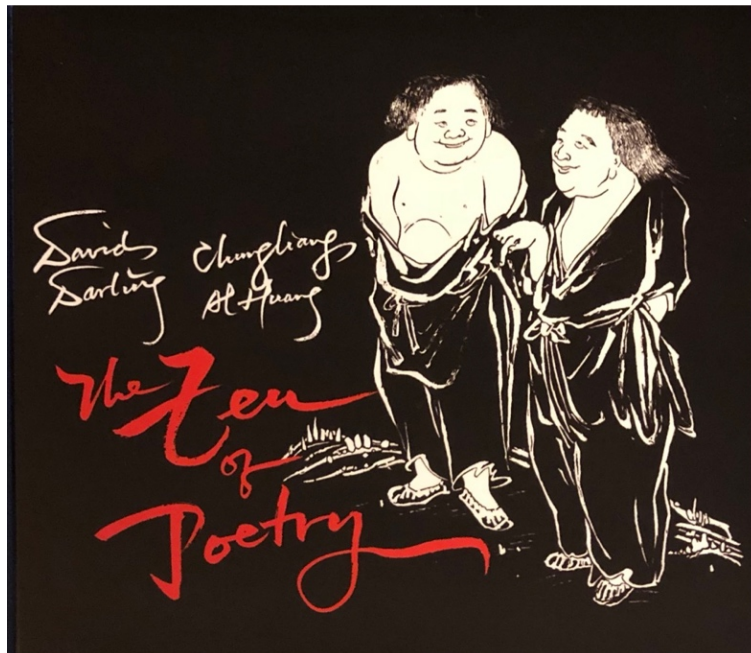


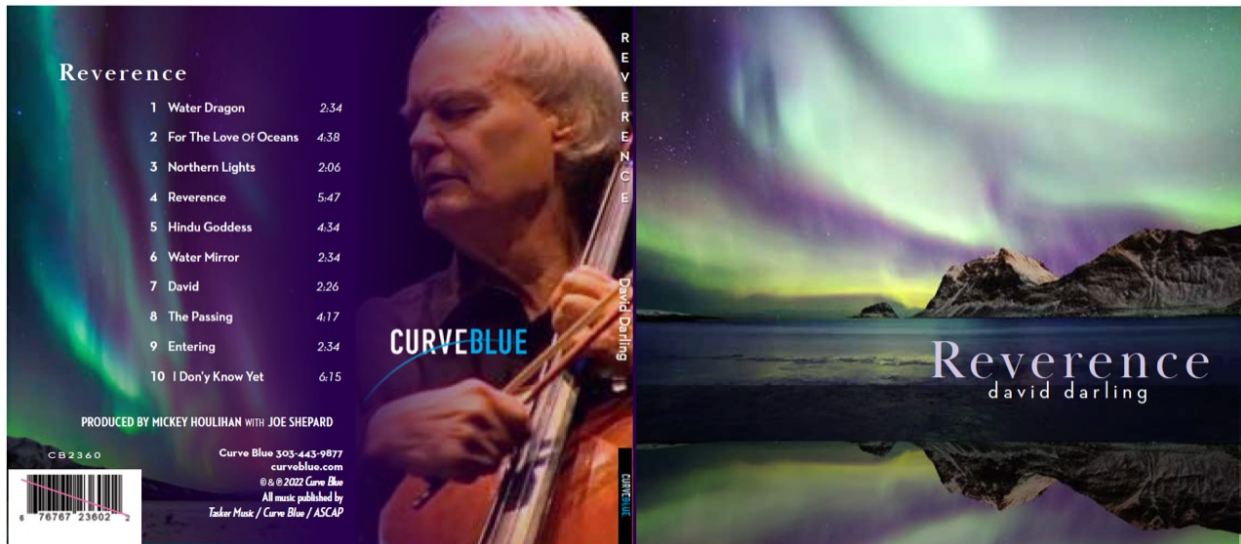
SHEN / XIN

HE / YI

TIAN / REN

寒山 HAN SHAN & 拾得 Shi De ("COLD MOUNTAIN" & "PICK UP")





TAI JI RITUAL PRACTICE*

**[Refer to Supplemental References]*

TAI JI RITUAL – CENTERING MOTIF & TAI JI CHAKRAS•

**[Refer to Supplemental References]*

DAO DE JING (TAO TE CHING) VERSES

War and Peace – Verse 31

“We need to look at all victories as a funeral”

Water, Rivers, and Flow – Verses 8, 78, 61, 68

V. 32 (trans. Jonathan Star)

Rivers and streams are born of the ocean

All creation is born of Tao

Just as all water flows back to become the ocean

All creation flows back to become Tao

V.40 (trans. Jonathan Star)

The movement of Tao is to return

The way of Tao is to yield...

...Heaven, Earth, and all things

Are born of the existent world

The existent world is born of the nothingness of Tao

FIVE MOVING FORCES – WU XING

**[Refer to Supplemental References]*

COLD MOUNTAIN POETRY

Men Ask the Way to Cold Mountain

Translation by Gary Snyder

Men ask the way to Cold Mountain
Cold Mountain: there's no through trail.
In summer, ice doesn't melt
The rising sun blurs in swirling fog.
How did I make it?
My heart's not the same as yours.
If your heart was like mine
You'd get it and be right here.

People ask the way to Cold Mountain

Translation by Red Pine

people ask the way to Cold Mountain
roads don't reach Cold Mountain
summer the ice never melts
sunup the fog is thick
how did someone like me arrive
our minds aren't the same
if they were
you could get there then

BASIC TAI JI MOVEMENTS – 1st Circle Practice

**[Refer to Supplemental References]*



Carved by Pius Brogle

FINAL WORDS!

UNDER HEAVEN, EVERYTHING IS THE SAME!



DA TONG



TIAN SHA

SUPPLEMENTAL REFERENCES

In Honor and Celebration of David Darling: 2 Official Music Videos, all his CDs, memories and more!

<https://www.daviddarling.com/>

<https://www.curveblue.com>

For The Love of Oceans (Official Music Video)

<https://youtu.be/aWJ-kZC5WJw>

Stones Start Spinning (Official Music Video)

https://youtu.be/fvftauNe_U0

The Collected Songs of Cold Mountain 寒山詩

Translated by Red Pine; Introduction by John Blofeld
Copper Canyon Press 2000

Lao Tse: Das Tor zum Tao: Die mustischen Texte des TAO TE KING*

neu übertragen und redigiert von Werner Beck

Tradition Verlag & Druck

**This book is available in German only*

[Lao Tse: The Gateway to the Tao: The Musical Texts of Tao Te Ching]

[Retranslated and Edited by Werner Beck]

[Traditon Publishing & Printing]

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

September 2020 Study Materials:

- Jing/Qi/Shen (Essence/Breath/Spirit)
- Tai Ji Ritual Guide

October 2021 Study Materials

- Wu Xing (Five Moving Forces)

February 2022 Study Materials

- Centering Motif (Dong, Nan, Xi, Bei, Dong, Chao Nan)
- Tai Ji Chakras (Zhong, Yong, An, Ding Nei, Guan, Yin)
- 1st Circle Practice – Basic Tai Ji Movements