

## Spring Living Tao Essential Tai Ji Series — Session (May 2022)

### ~ Study Materials ~



### Renewal/Creativity ~ Nurturance/Receptivity ~ Thriving/Gratefulness

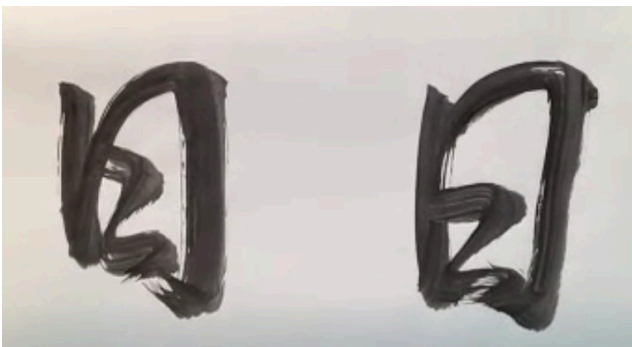
*Master Huang's teaching is designed to delve more deeply into the ongoing exploration of the Living Tao forms, metaphors, and philosophy. The areas of study for this Session include:*

- TIME 時間 Shi Jian; SPACE 空間 Kong Jian; and HUMANITY 人間 Ren jian;
- Ba Gua 八卦 (Eight Trigrams) practice;
- More details of the “Five Moving Forces of Nature” 五行 (Wu Xing); and
- The metaphors in the Tao Te Ching (Dao De Jing), Lao Tzu Verse One:
  - You Wu Xiang Sheng 有無相生.

**“Before enlightenment; chop wood, carry water. After enlightenment; chop wood, carry water.” — Zen Kōan**

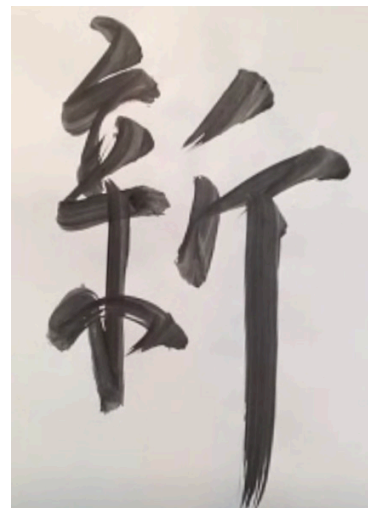
Rì Rì Xīn 日日新

Day after Day – Always New



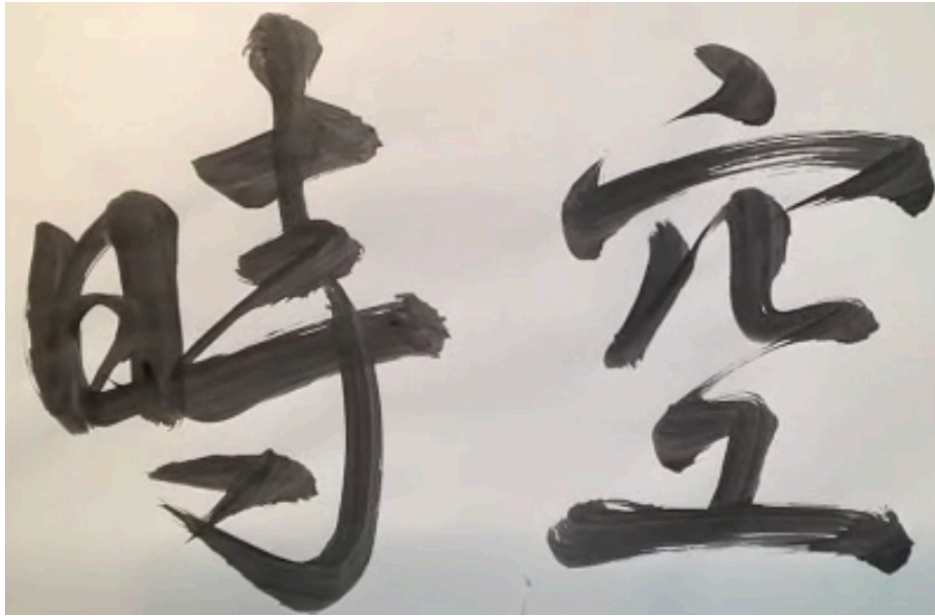
Rì

Rì



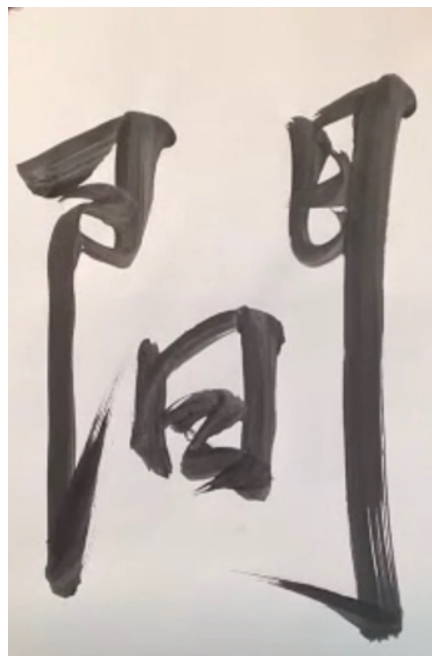
Xīn

**TIME 時間 SHI JIAN; SPACE 空間 KONG JIAN; AND HUMANITY 人間 REN JIAN**

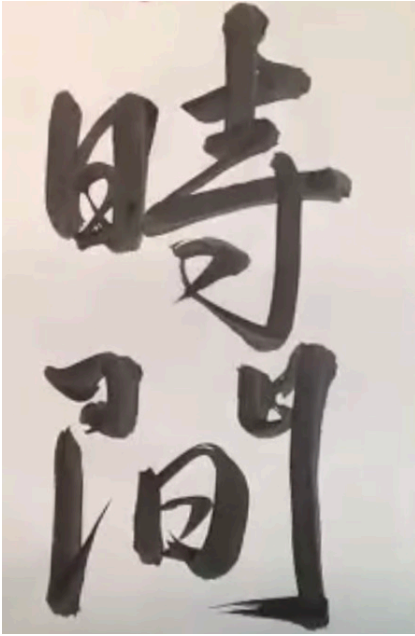


**Time – Shi**

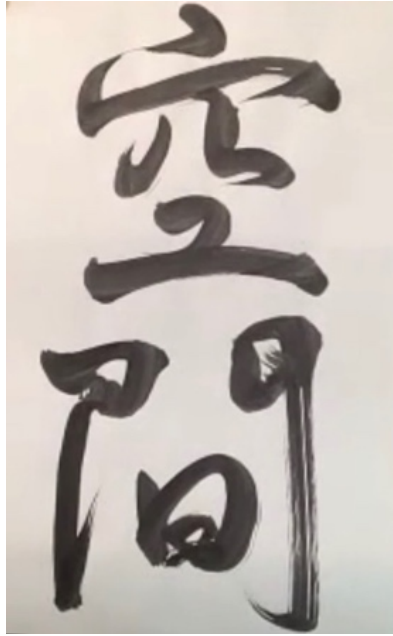
**Space (empty) – Kong**



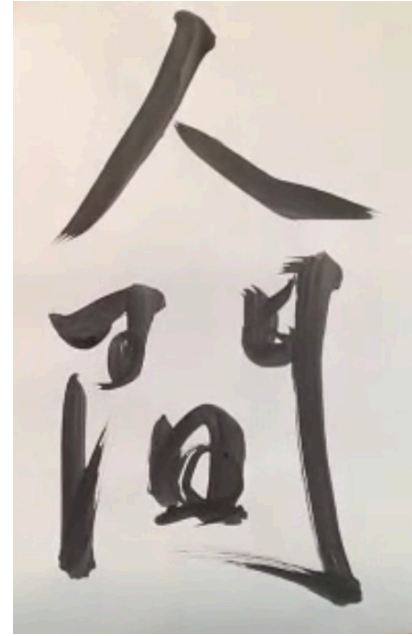
**Jian (between/among; within a definite time or space)**



**Changing Time in Space**  
**Shi Jian**



**Fixed Time Space**  
**Kong Jian**



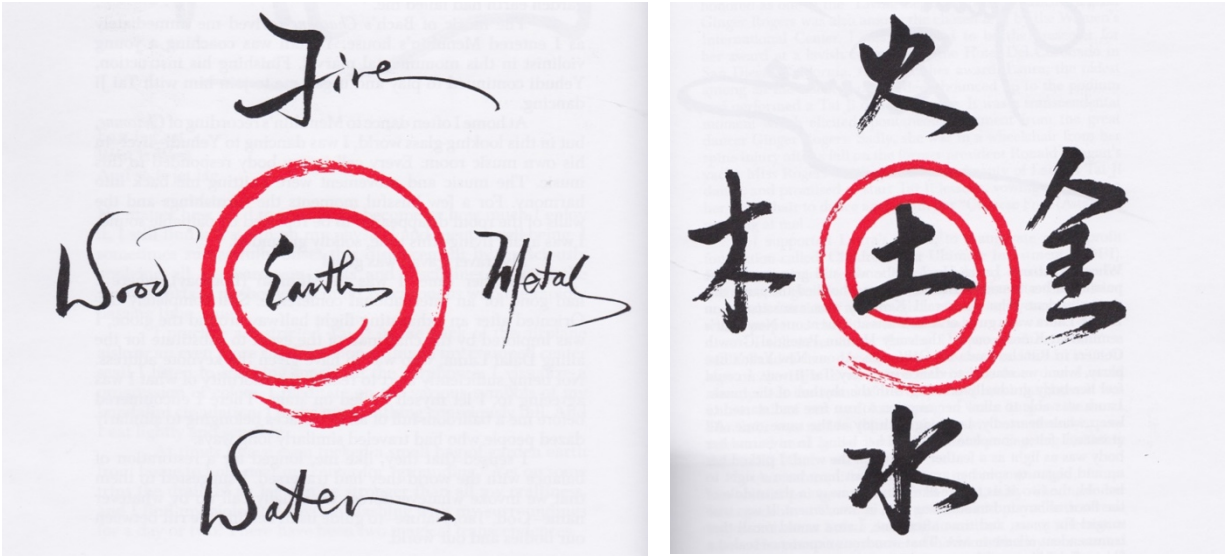
**Humanity**  
**Ren Jian**

## **WU XING – THE INTERPLAY OF THE FIVE MOVING FORCES OF NATURE**

The Five Moving Forces—(Wu Xing 五行) Tai Ji sequence in this current form was developed by Chungliang many years ago in a natural flow beginning with expanding the 火 **FIRE** CHI/Qi from the lower dantian/chakra/belly outward and upward to return in a circular downward flow to become the 水 **WATER** metaphor, seeping into the earth to allow the upward CHI/QI to nurture the growth of the 木 **WOOD** metaphor upward and around/outward, to return to the lower dantian/belly from gathering inward the 金 **GOLD/Metal** CHI/QI to settle in the lower dantian/chakra, focused in the Center, before a final release/letting go to return to the 土 **EARTH** in order to begin the process all over again.

This is just one of the many possible ways to connect the Five Moving Forces of Nature in a natural circular FLOW of QI/CHI (Life Force-connecting to Heaven and Earth and All around). Creatively, one can begin with any one of the Moving Forces/Elements and move circularly to enact the CHI-FLOW accordingly.

## ELEMENTS AND SYMBOLS OF WU XING



“We shall not cease from exploration  
And the end of all our exploring  
Will be to arrive where we started  
And know the place for the first time...”

*T.S. Eliot – Four Quartets, Little Gidding\**

## BA GUA 八掛 (EIGHT TRIGRAMS) PRACTICE



*[Cover of “Half The World” by Arnold J. Toynbee]*



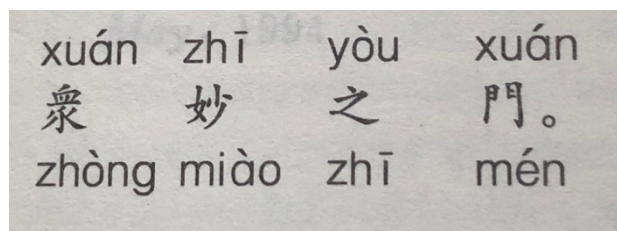
乾 Qian / 坤 Kun	天 Heaven / 地 Earth
離 Li / 坎 Kan	火 Fire / 水 Water
巽 Xun / 震 Zhen	風 Wind / 雷 Thunder
艮 Gen / 兌 Dui	山 Mountain / 澤 Lake

### DAO DE JING (TAO TE CHING) VERSE 25

道 dào 法 fǎ 自 zì 然 rán / Dao follows nature

Human beings follow the way of earth  
 Earth follows the way of Heaven  
 Heaven follows the way of Dao  
 Dao follows the way of nature (spontaneously, naturally so)

### DAO DE JING (TAO TE CHING) VERSE 1



Mystery within Mystery the Gateway to all Mysteries



### Decoration Day by Ted Kooser

It takes the hard work  
Of a dozen ants  
To open each bud  
Of a peony.  
For weeks, there they are,  
Clickety-clack,  
Biting the sutures  
And licking the glue.  
Then, one by one  
On Decoration Day,  
The blossoms explode,  
Tossing the ants  
All over the yard.  
Early that morning,  
We find these flowers  
Opened, pink and white,  
And in the wet grass,  
Hundreds of ants  
With the staggers, all  
Watching the sky.



### SUPPLEMENTAL REFERENCES

#### MUSIC:

Aaron Copeland, *Fanfare for the Common Man*

Charles Ives, *The Unanswered Question*