

Spring Living Tao Essential Tai Ji Series — Session Three (July 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:

- The Asian tradition of the “Forest Bathing” Ritual: in Japan, Shinrin Yoku, which takes after the Chinese 森林沐浴 Sen Lin Mu Yu;
- More details of the “Five Moving Forces of Nature” 五行 Wu Xing; and
- Metaphors of the 1st and 2nd Circles

FOREST BATHING 森林沐浴 SEN LIN MU YU

(in Japan: Shinrin Yoku)

Sen Li

Mu Yu

FOREST BATHING – Guided Meditation

WU XING - THE FIVE MOVING FORCES OF NATURE Practice

火 FIRE - HUO

木 WOOD - MU



金 GOLD/Metal - JIN

土 EARTH - TU
(in center)

水 WATER - SHUI

道德经 DAO DE JING (TAO TE CHING) – VERSE 40

反者道之動；弱者道之用。

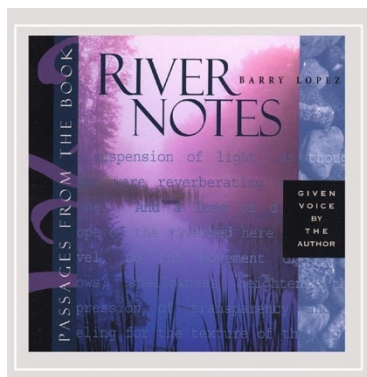
The movement of the Dao by contraries proceeds;
and weakness marks the course of Dao's mighty deeds.

天下萬物生于有，有生于無。

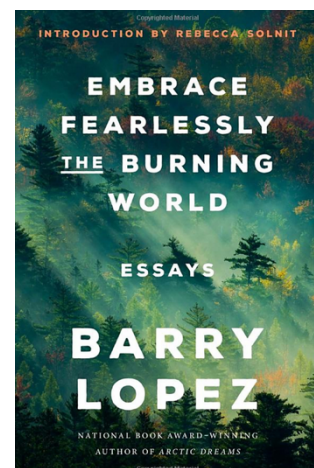
All things under heaven sprang from It as existing and named;
that existence sprang from It as non-existent and not named.

Translation By James Legge

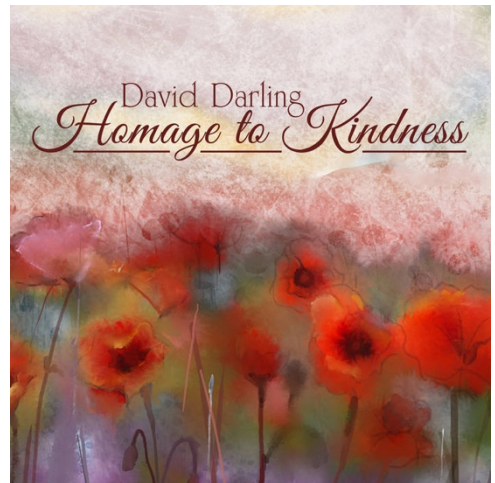
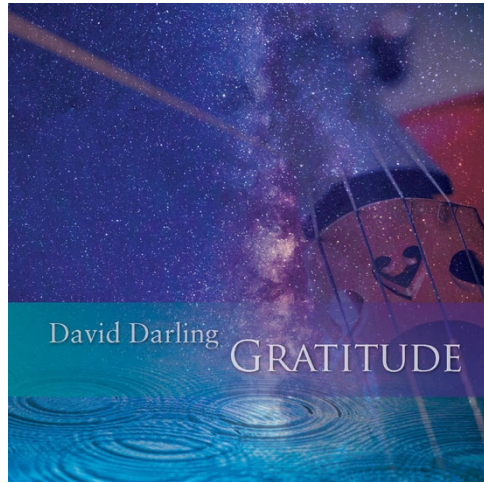
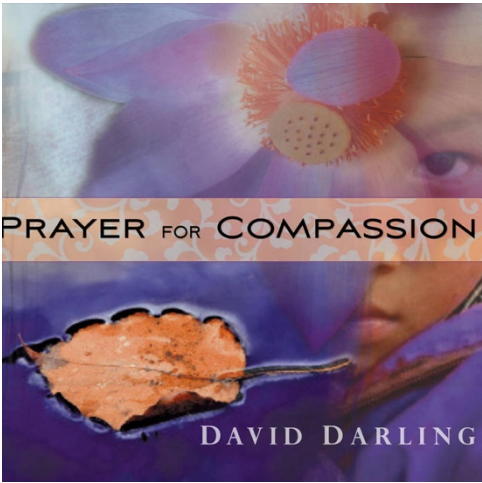
MUSIC AND WORDS FOR DIFFICULT TIMES



River Notes: Passages From The Book
By Barry Lopez
Music By David Darling



Embrace Fearlessly The Burning World by
BARRY LOPEZ



DAVID DARLING SHARING MUSIC FROM HIS HEART

1st & 2nd CIRCLE PRACTICE & METAPHORS



The beginning of each Living Tao circle form:

Infinity/Mobius strip action based on the traditional
Lan Que Wei 攬雀尾 Grasping Swallows Tail

The next movement series:

Peng Lu Ji An 棚捋擠按

Each of the circles end with:

Bao Hu Gui Shan 抱虎歸山 Embrace Tiger Return Mountain

1ST 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 Pi Pa

Dan Bian 單鞭 Single Whip

2ND CIRCLE PRACTICE

拳 Quán / Fist

掌 Zhǎng / Palm

楊述 Xiè Fēi / Slanted Flight

Chén / Sink; Fú / Rebound; Tí / Lift; Piāo / Float; Fēi / Fly; Xiáng / Soar (6 stages)

海底針, Hǎi Dǐ Zhēn / Needle at the bottom of the ocean

扇通背 Shàn Tōng Bēi / Fan through back

EIGHT FOLDS OF SILK BROCADES 八段錦 BA DUAN JIN

(also, Eight Pieces of Brocade)



Exercises #3 and #5

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

5. Yao Tou ai 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

“In this trembling moment....is it still possible to face the gathering darkness and say to the physical Earth, and to all its creatures, including ourselves, fiercely and without embarrassment, I love you, and to embrace fearlessly the burning world?”

**From *Embrace Fearlessly the Burning World*
In the chapter *Love in the Time of Terror*
By Barry Lopez (January 6, 1945 - December 25, 2020)**



SEE YOU IN SEPTEMBER!