

In Loving Memory of

Miko Sasaki



On this day the flowers in the garden wore black to honor their loveliest sister in her passing. J.L.Hart 2020

much 氣 and 愛, every moment, 💕



MIKO passed away peacefully on October 25, 2020.

These are some memories of Miko and the time she shared with us, her Taiji & Baji friends.

[八極文武人] November 12, 2020 at 8:03:31 AM PST
Pearl Huang <ruyistudiotaos@gmail.com>

Dear Bajiquan Scholar Warriors, and friends,

It is with great sadness that we mourn the passing of our beloved Miko Sasaki on October 25. She left us peacefully in her sleep. This sad news came from Miko's eldest son, Hiro in an unexpected phone call yesterday. He was kind enough to call Chungliang as well. It would be proper to call each of you, but the distance and time differences make this difficult. We feel that it's important to convey this message to you as soon as possible.

Miko was beautiful, graceful, gentle, caring, joyous, and the living embodiment of love. We will miss her smile, her enthusiasm, and her constant compassion. If we want to know whether it's possible to be supremely true to oneself and yet still be focused on bringing out the best in others, we need only remember Miko.

Miko and Yuki had a decades-long marriage that stood as an example of devotion, happiness, and love. They supported each other with kindness and attention, and together they raised a close and thriving family.

Both of them were ardent followers of the Living Tao and Bajiquan studies. They were true scholar warriors, sincere supporters of Chungliang and Ming Dao's teaching, as well as my efforts to preserve my mother's Bajiquan legacy. So many of us shared good times with them at the River House, watched Yuki raise the flag. We will treasure memorable moments in Taos, when Yuki said: "I love Baji"! We will always remember the laughter at our potlucks and the serious moments of focus in our practice together. We were inspired by their tireless and eager participation in every practice session. We are grateful for these memories and many photographs: Miko and Yuki will remain in our hearts.

We will miss Miko so much. Our memories will be edged with sorrow for a time, but soon, her irrepressible spirit will lift us again. She is not gone. She is in each of us, lighting the way to all that is bright.

In these difficult times, it is all the more important that we find strength from each other through our training and practices. Please be well and stay safe.

In grief, with gratitude,
Weng Liang

November 12, 2020 at 8:17:44 AM PST
Doni Neufeld <otterdance@hotmail.com>

Pearl,

Thank you for letting me know about Miko. On one hand, I am too shocked for words; however, I am not surprised. A small light has gone out in my heart, but like you say it will glow again one day. Such a pure person, I will never look at a red hat and leg warmers the same again. I can see her now...

Big virtual hug,
Doni

P.S.

We had a girls night out in Santa Fe with Ellen when Miko came through town in 2015. The owner of the Japanese restaurant treated the three of us like royalty with plate after plate of specially prepared dishes. We laughed, talked, drank, ate, and cut up like gals do when they've got a 'yard pass'. She always had a on a bright smile and a spot of red. Miko was one of the most instantly likable people I've ever met, pure and kind, with an almost translucent soul. I've always remembered that evening with fondness, now the memory is permanently inked into my heart.



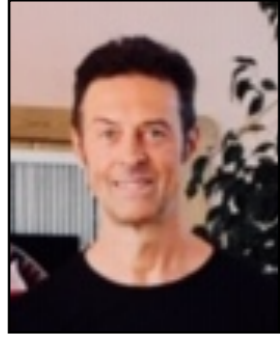
November 12, 2020 at 8:35:47 AM PST
Marian Head <marian@marianhead.com>

Dearest Weng Liang,

My heart aches and tears flow nonstop as I think about being unable to hug our beautiful Miko again!

Thank you for the loving eloquence in which you shared Miko's passing. I will spend time today with my many photos of her and celebrate her life. I am deeply grateful for enjoying every moment of our precious time together on Earth.

With love,
Marian



November 12, 2020 at 9:00:53 AM PST
Chris Frederick <chris@stretchtowin.com>

Dear Weng Liang,

This news is made even sadder as I receive fond mental images of my interactions with Yuki alone, at other times with Yuki and then with all of us in practice at our retreats.

My sad heart joins the spirits of you and our Bajiquan family both in sorrow and in hope to continue to see Miko's light join others that provide us an even bigger flame to light the Way.

Sincerely,
Chris



November 12, 2020 at 2:30:38 PM PST
Ellen Lowenburg <ellieburg@aol.com>

Dear fellow Scholar Warriors,
I join you all in grieving, shock, and many joyful memories of Miko at Tai Ji and Ba Ji seminars. She often texted me to see how I was during my illness and recovery, even as she was in her own grief. Her joy, brilliance, love of life, and smile lives on in my memories, and inspiration.

Love ❤️ ❤️ ❤️,
Ellen



November 13, 2020 at 12:48:15 AM PST
Judith Brown <judithbrown3@aol.com>

Dear Weng Liang - I am so sorry to hear this news. Miko was so lovely and supportive to me at the Taos retreat last year. I loved watching her practice. A lady gracious in body and spirit.

Judith



November 15, 2020 at 9:15:58 AM PST
Jeannine Hangartner <jhangartner@gmx.net>,

Dear Weng-Liang, dear friends,

Miko and Yuki have brought the purest form of love and devotion into this world, into our gatherings, our practice and into my heart.

Losing Miko too now, is a loss beyond words. And yet I know, that nothing will truly be lost, if I can follow them on the path that they laid out so gracefully: this path of the deepest heart-to-heart-connections, of being open and vulnerable, of treasuring the world and life itself in its fullness of deepest sorrow *and* deepest joy. The path of love.

They will remind us of this path with every stunning sunset, with the murmur of the sea, the flight of the butterflies and the dancing of autumn leaves.

I am full of gratitude for every step that I have been allowed to share with them. I am grateful to you all for walking along as well, for sharing the sorrow and the love.

Jeannine

November 14, 2020 at 10:38:49 AM PST
Amayra Hamilton <amayrahamilton@gmail.com>

Dear Weng Liang and all Baji Warriors,

Our Baji group will not be the same without Miko! Her dedication and loving presence was such an important part of the energy within our group!

Yes, I was in shock when I just read Weng Liang's message, so beautifully worded.

At the same time, what immediately jumped up for me was that in a sense I was not surprised and actually happy for her. I had felt that they were one of those couples that were so close, that life without the other is almost impossible. And that their reunion in the afterlife has been more Miko's focus than anything. The beauty of having completed the earthly cycle in such a loving way is awesome. Of course, those who are on this side, in particular her immediate family, are mourning and have to deal with their own feelings of loss.

I am very grateful that I have had the privilege to have met, danced, practiced, talked, shared, laughed and enjoyed with both Miko and Yuki. Their presence enriched my life.

Thank you, Miko and Yuki!

Love,
Amayra



November 15, 2020 at 10:46:00 AM PST
Judi Elia <judithelia@aol.com>

I miss her so much. Her strong Love Qi is with me forever. 🙏💕😘 Judi



November 18, 2020 at 4:00:24 PM PST
Rebecca Rose <rebecca4peace8@gmail.com>

Dearest friends,

I wish so much that we could gather together in ceremony and community to honor Miko and Yuki and Hiroshi and all their family. These 2 songs came to me as an expression of all the love we feel in our deepest hearts. So I share them with you sending them on the winds and in the light to our beloveds.

<https://youtu.be/NbFd7jKH3s8>

Whitney Houston- A Song for You (1991)
(Welcome Home Heroes, 1991)

<https://youtu.be/Nu9RVPTpDyA>

Luther Vandross - Endless Love ft. Mariah Carey

In unity and care for all,
Rebecca Rose



November 21, 2020 at 9:47:25 AM PST
Nancy Molt <rebalab1@gmail.com>

Miko Miko Miko - how we miss you!

That all is family — that there is no “other”... Miko lived beyond merely understanding — she showed us the way. She is alive everywhere, in time without end. And we, blessed to receive.

Nancy

November 21, 2020 at 7:49:12 AM PST
Alice Ko <aliceko1980@gmail.com>

Dear all,

I'm in shock and sadness to only recently learn of Miko's passing. I dug up some photos that I had of her to share. She was truly a beautiful, loving spirit who treated me like we have always been family. She even expressed great care and thoughtfulness towards my 3 daughters whom she never even met. My eldest daughter shares a birthday with Yuki and I was able to write to her about it and share photos. Every memory I have of Miko showed me a person who lived with kindness, sweetness, and a bright (and fashionable) zest for life. I will miss her dearly.

ALICE



November 21, 2020 at 9:03:03 AM PST
Linda Gerson <linda_awakeningvajra@yahoo.com>

Thank you Alice for the photos of Miko. I, too, am still in shock at her passing. Miko was truly a 'Tigress'. Her larger than life Presence, taught me a lot about Grace, poise, beauty and confidence, courage, strength, love and devotion. She was a mountain of a woman in body. How could such a petite frame hold such tremendous energy?! I love her and I miss her. And I know she is with us, always. A Great Soul. Now dancing with Yuki in the Heavens. Much love to you, Alice, and to all my Baji Family.

~Linda ❤️🙏💕🦋🎵🎵🌻

When it rains, we don't forget sunny days. I fondly recall my times with Miko and Yuki. We shared dinners at the River House and at subsequent gatherings. Each time was filled with ample laughter and light hearts. We trained together in various places such as Taos, Sedona, and Santa Cruz. Miko and Yuki were magical, filled with verve, devotion for one another, and unflagging kindness.

Miko's passing leaves me sad for her family's loss, but it has only brightened my memories of her beautiful and graceful presence. It was a privilege to know her. When I think of a loving couple, Miko and Yuki are the paragons to which I aspire. When I think of someone who has blended the best of Japanese and American culture, I think of Miko. She told me stories of her childhood, of favorite places in Japan, of the autumn leaves and the spring cherry blossoms. She has also given me a new purpose: to perpetuate her rare sensibility far into the future.

We all send our condolences to the Sasaki family. We suffer with you. Miko and Yuki took tremendous and rightful pride in their family, and they showed us all how to be happy. We are in sorrow, and yet we are better people for the gifts they gave us.

The rains will clear. The sunny days will return. When they do, the laughter in the skies will be from Miko. We know that she and Yuki are together always. In that way, they not only leave us with memories of joy, they show us the way to a love that is forever.

May you all be at peace. I will never forget Miko. She will always hold a place of high honor in my heart.

Yours,
Ming-Dao





~ YUKI AND miko



The Talented Sasaki Duo

Yuki and Miko's first Living Tao Taiji introduction began at the Esalen Institute, Big Sur, CA. They were natural performers at Ovation Nights both at Esalen and at the River House, Gold Beach, OR



*Living Tao Days at the River House
with Chungliang Al Huang*



Healing Hugs and Laughter during the Heritage years



Birthday Celebrations at The River House

The Shanghai brothers,
Yuki & Chungliang
celebrated their
birthdays each August
with Sandra.



2017... the trio's 80th birthday!



2020 Winter Seminar at Gold Beach, OR



Miko's last Taiji seminar at Gold Beach



... sending 氣 and 愛 for you everyday!

We are thinking of you, with Gratitude,

We Love YOU!

Yuki and Miko

2014–2019 The Baji Years

Yuki and Miko with their Mentors;
Chungliang Al Huang, Pearl Weng Liang Huang, and Deng Ming-Dao



Yuki and Miko were devoted members of the Living Tao Foundation, inspired by their mentor Chungliang Al Huang. Raising the Living Tao flag at River House was a famous Yuki-Miko tradition.



Miko had a deep passion and love of Bajiquan. She kept in touch with the community often via emails and photos. She was the embodiment of grace, love and respect.

2014 Heritage 1 at Gold Beach, OR



Bajiquan 1 – Qian & Kun

2015 Heritage 2 at Gold Beach, OR



Bajiquan 2— Kan & Li

2016 Heritage 3 at Gold Beach, OR



Bajiquan Revision

2017 Heritage 4 at Gold Beach, OR

[八極文武人]
The Baji Scholar Warriors



Bajiquan 3 — Xun & Zhen; Bajiquan 4 — Dui & Gen

2017 Taos, NM — Baji Scholar Warriors







2018 Santa Cruz, CA — Baji Scholar Warriors



2018 Sedona, AZ — Baji Scholar Warriors



2019 SantaCruz, CA — Baji ScholarWarriors



2019 Taos, NM — Baji Scholar Warriors



2019 Taos, NM — Baji Scholar Warriors



Miko's last Bajiquan seminar at Taos, NM

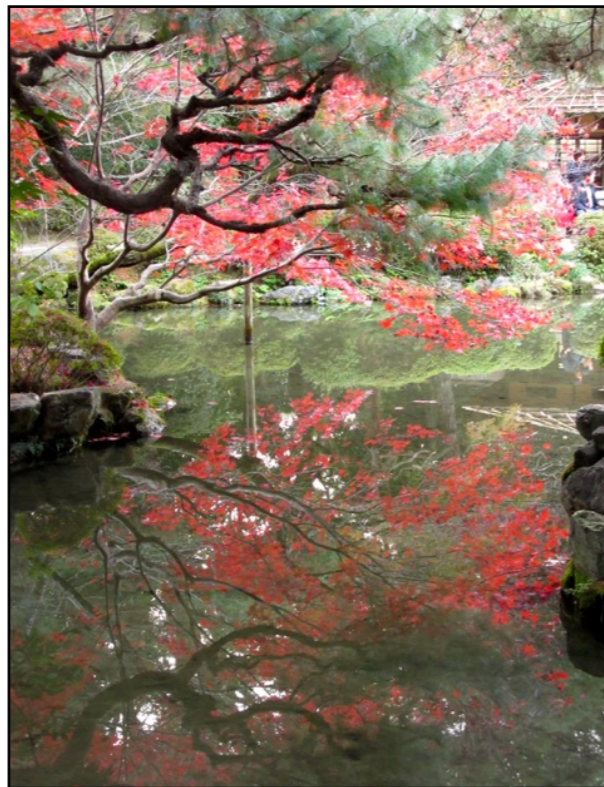


... sending even More 愛 & 氣 for you!!!

with The Biggest Hugs,
miko
❤️



Yuki & Miko often shared the beauty & love of Japan





with much **氣** and **愛**
~ Yuki and miko ❤️





August 21, 2017: The Solar Eclipse

Yuki was so overjoyed he spontaneously wrote his first email message to the group. It was a special moment he wanted to share. This is an excerpt:

The Sun Crescent became so sharp. Then became complete dark and the animals around the bay were making louder noises of wonderment. It was like a night. Then a corona!!! Joyous moment of the beginning of the birth of the New Sun! Breathtaking, Awe and humble moment I have been waiting for. Once in a life time experience. Joy and Awe struck moment. Then..... the glimpse of the Sun from the upper part of the corona. Wow,,,It was like a diamond ring but much more splendor. It was so amazing and tear flows out of my eyes with excitement. Suddenly the day light came back. The Sun was born again! The Sun was reborn and so was I! The time was August 21, 2017, 10:21AM, Pacific Time. I was joyous, excited and dancing around and the totality of the Eclipse was gone in a short time. Just less than 3 minutes experience but I am hooked and want to see it again!!

What a wonderful 80 years birthday gift from God and from my Love of life, Miko. I Love you both!

~ Yuki and Miko 



YUKI sadly passed away on April 18, 2019.

Our very brave and loving Miko wrote:

*On August 2nd we celebrated Yuki's Birthday.
This cactus flower which he loved so much blossomed at the
dawn.*

*I would like you to know that Yuki and I never stop reaching
out to you and hugging you close to our heart and soul.*

WE LOVE YOU!

~ miko ❤️ 🙏

*As you danced in the light with joy, love lifted you.
As you brushed against this world so gently, you lifted us.*

~TC Ring





A memorial was held for Yuki in Gold Beach, OR in August 2019 and another one in Taos, NM in October 2019





Condolences

I wish to share with the Sasaki family the grief and overwhelming sadness felt from the loss of our beautiful sister, Miko. She is now released from her unrelenting sorrow, and has followed her beloved Yuki. We were so very blessed to spend 10 years with this woman, whose expression of deep gratitude and love was our gift. There will never be another quite like the beautiful Fumiko!

So much love,
Lisbeth

This is such a shock, and I am still having a hard time processing this Sad News—At least we can be comforted to hear that she passed away peacefully. I believe she was ready to join Yuki in the other realm. She will be Very Much missed by So Many of us in the Living Tao family... I can't believe she is NO More able to brighten up everyone with the presence of her vivacious spirit and colors. She will live in our hearts forever.

It is so SAD for the Sasaki family and all the Living Tao members who have known and loved her and Yuki.

In grief, Chungliang



I've lighted a candle in Miko's honor and savor our times together. Even though I just met her in February, she had an impact on my life. I know she was so lost without Yuki, so for that I can be grateful for their spirits.

With sadness and gratitude,
Jo

I'm heartbroken to hear the news of Miko. She was a true Tai Chi Goddess, I loved her. As did everyone who knew her.

With love,
Deirdre

She was one of my favorites among our flock! She had such wonderful energy and was so respectful and genuinely kind-hearted. I am so glad that she can now join her true soulmate Yuki.
Love Robby

Miko was so full of life. I think by passing she fulfilled her deep wish to be with Yuki. Miko imprinted herself onto Living Tao with such kindness, love, compassion... that in some way she will be with us forever.

Much love,
Bozena

In some way it feels right that Miko is reunited with Yuki again. I will cherish the memories I have of them at Gold Beach

Love,
Jacob

Remembering Miko... who will be sorely missed for her endearing charm, grace, joyfulness and her immense love that kept our Tai Ji & Baji Families connected through her presence and many photos and letters.

Much Qi-filled gratitude to both Yuki and Miko for their kindness, friendship, and devotion.

Our hearts go out to the Sasaki Family with deep condolences.



~wendy & bob~



*And when great souls die,
after a period peace blooms,
slowly and always
irregularly. Spaces fill
with a kind of
soothing electric vibration.
Our senses, restored, never
to be the same, whisper to us.
They existed. They existed.
We can be. Be and be
better. For they existed.*

"When Great Trees Fall"
~Maya Angelou

*May the stars carry your sadness away,
May the flowers* fill your heart with beauty,
May hope forever wipe away your tears,
And, above all, may silence make you strong.*

~Chief Dan George



Miko Sasaki



Our bright and loving spirit

愛 氣

October 25, 2020

*The temple bell stops
but the sound keeps coming
out of the flowers*

~Basho

with much 氣 and 愛

and deepest gratitude for being in our lives

Yuki and Miko



“Forever in our hearts”