

Autumn Living Tao Essential Tai Ji Series — Session Two (October 2022)

~ Study Materials ~



THE WAY OF HARMONY

Master Huang's teaching is designed to refresh and review previous curricula, while delving more deeply into the ongoing exploration of the Living Tao forms, metaphors, and philosophy.

For this session Master Huang will introduce new material, including:

* "Under the Pine" Nature Bathing Meditation;

~ Poetry of Jia Dao & Gary Snyder;

* Calligraphy, Metaphors & Movement Motifs for:

~Centering / Release / Balance~

~Chén 沉 Fú 浮 Tí 提 Piāo 漂 Fēi 飛 Xiáng 翔~

CONTEMPLATIVE CENTERING

Poem by 賈島 Jia Dao (Tang Dynasty)

松下問童子

Son 松 (pine) Xia 下 (under) Wen 問 (ask) tong 童 (youth) Zi 子 (child)

Yan 言 (says) Shi 師 (master/teacher) Cai 採 (gathering) Yao (medicine/herbs) Qu 去 (away)

Zhi 只 (only) Zai 在 (at) Ci 此 (this) Shan 山 (mountain) Zhong 中 (center)

Yun 雲 (cloud) Shen 深 (deep/dense) Bu 不 (not) Zhi 知 (know) Chu 處 (where)

Following the above direct Pinyin to English translations are various "poetic" translation into English.

Why not go ahead and make your own poem from the pinyin above!?!

Seeking the Master but not Meeting

*I asked the boy beneath the pines
He said: the Master's gone alone
herb picking somewhere on the mount
cloud-hidden, whereabouts unknown
~Translated by Lin Yutang*

A Note to a Recluse I Missed Out on Seeing

*Under pine trees I asked a pupil of your whereabouts,
Who mentioned his master has gone to gather herbs.
Somewhere in the mountain you were for certain,
Uncertain was where among the deep cloud cover
you were.*

Failing to Find the Hermit

*Beneath the pine, I asked of the child.
"My master's gone for herbs grown wild;
He should just be in the mountain there,
Deep, way deep in the clouds somewhere
~Translated by Frank C. Yue*

Visiting the Absent Hermit

- 1 Beneath the pine-trees, I ask of a lad I see.
 - 2 Away is the master gathering herbs, says he,
 - 3 Somewhere in the mountain, where? I cannot tell,
 - 4 For there the clouds are deep and dense as be.
- ~Translated by Andrew W.F. Wong

*Beneath a pine I asked a little child
He said the Master went to gather herbs.
Alone was he upon this mountainside,
The clouds so deep he knew not where he was
~Translator Unknown*

SYMBOLS, METAPHORS & PHILOSOPHY

~Centering~

Shōu 收 (Collect) & Fàng 放 (Release)

Zhōng 中 (Center) Dìng 定 (Settling) Nèi 內 (Inside) Guān 觀 (Contemplation)



Ping/Balance



Zhong/Center

CHÉN 沉 FÚ 浮 TÍ 提 PIĀO 漂 FĒI 飛 XIÁNG 翔
(6 stages)



Chén / Sinking



Fú / Rebound/Float



Tí / Lifting



Piāo / Float/Ride the Wind



Fēi / Take Flight



Xiáng / Soar

GARY SNYDER COLLECTED POEMS

“Energy is eternal delight” quote from William Blake

“Delight is the innocent joy arising with the perception and realization of the wonderful empty, intricate interpenetrating, mutually embracing, shining, single world beyond all discrimination or opposites.”

For the Children

The rising hills, the slopes,
of statistics
lie before us.
the steep climb
of everything, going up,
up, as we all
go down.

In the next century
or the one beyond that,
they say,
are valleys, pastures,
we can meet there in peace
if we make it.

To climb these coming crests
one word to you, to
you and your children:

stay together
learn the flowers
go light

Supplemental References

The Importance of Living, Lin Yutang
ISBN 0-688-16332-1

Gary Snyder: Collected Poems, by [Gary Snyder](#) (Author), [Anthony Hunt](#) (Editor)
(LOA #357) (Library of America, 357) Hardcover – June 21, 2022

