

Lilly Kinnamon
Winter/Silk Roads
Professor Diamant

Response paper: Zhuangzi Ch. 3, “The Primacy of Nourishing Life”, and what I learned from Master Huang’s Tai Ji Seminar at TESC January 31-February 1, 2020
February 2, 2020

I was moved, motivated, and inspired by Master Huang’s Tai Ji Seminar. He is truly a master of storytelling, movement, art, and Qi!

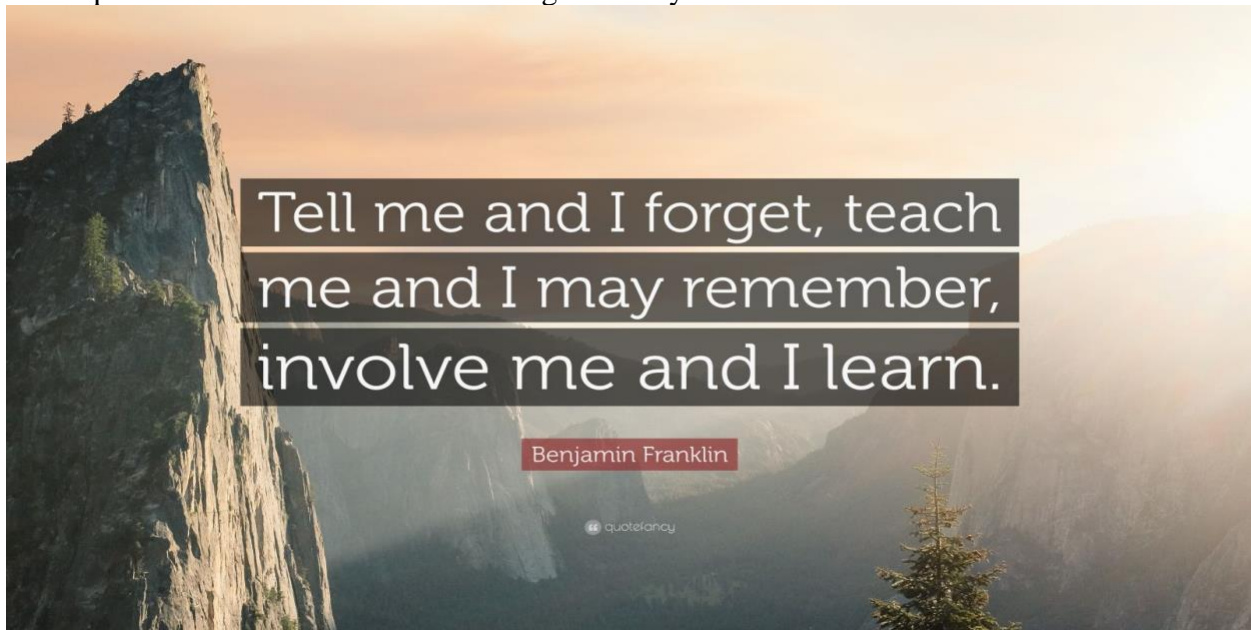
His ability to communicate the art form of Tai Ji is magical. He moves gracefully through space; elegant and beautiful and multidimensionally.

His use of space with brush and ink was captivating for me to watch; and the way in which he combines all of the above is what in my opinion makes him a masterful artist.

The way in which Master Huang uses many different kinds of music with his Tai Ji, as does Professor Diamant, emphasizes how it is not intended to be a dogmatic, restrictive, or confining practice of rigid poses or “correct” forms. Although, I know there is an art to the form and there are poses in the form, what I took away from Master Huang is that Tai Ji is a way to move the body’s Qi in a natural flow with the Qi of the world and BE in it, with it, as it.

His ink drawing of the eight flower petals is how I remember the movements: up/down, out/in, forward/backward, and left/right.

Because of how he incorporated his ink drawings with his teachings I have a full kinesthetic feeling of being in a sphere, opening in all directions with the universe. I have a birds-eye view over my crown chakra moving down through my body opening each center like a lotus flower blooming. And when I watched Master Huang model the flow of movements from the earth moving back up I saw a fountain of sparklers coming out of his head like a banana peeling open! The experience moved from a mental thing to a body sensation.

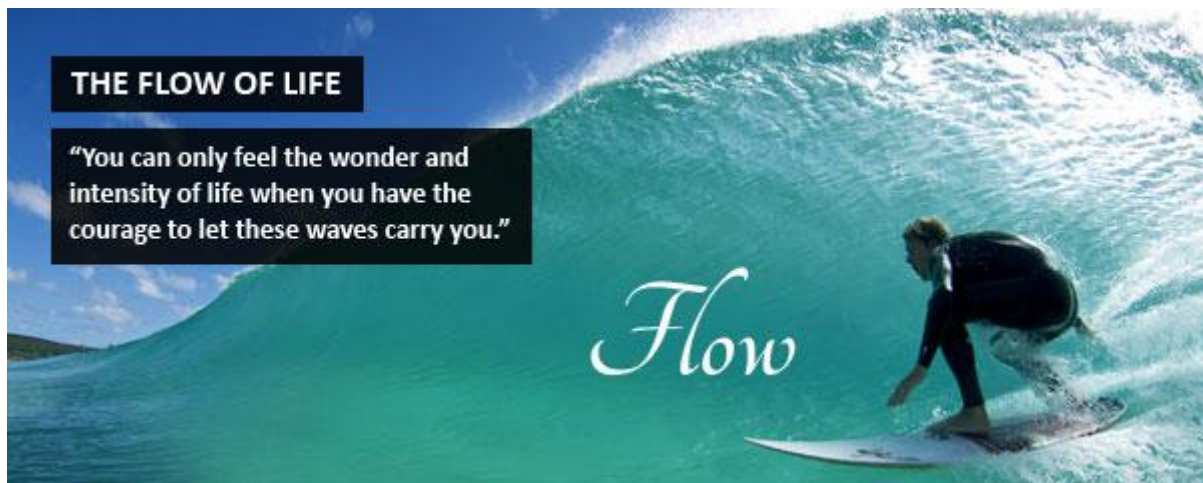


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Here's my summary of the Tai Ji Seminar and the Zhuangzi reading from chapter 3.

The flow of life advances when one learns to “encounter it with the spirit rather than scrutinizing it with the eyes” (22, 3:4). Move with ease through the “larger gaps” and “broader hollows” where there is space rather than trying to “cut through the knotted nodes” or push against the “gnarled joints” and “clustered tangles” (23, 3:5). Do what the time requires, follow along with the flow and you will be liberated “from the Lord’s Dangle” (24, 3:8).

-from Ch. 3 Zhuangzi: Essential Writings



<http://www.verahelleman.com/wp-content/uploads/2014/06/flowENG.jpg>