

Winter Living Tao Essential Tai Ji Series — Session One (January 2023)

~ Study Materials ~



GATEWAY TO OPEN VISION

Master Huang's teaching encourages a holistic approach to Body, Heart/Mind & Spirit practice and study utilizing the Living Tao philosophies, metaphors, and forms.

Over the course of this Series, Master Huang will introduce new material in the following practice areas:

- * Nature Bathing Meditations;*
- * Classics, Poetry & Music (East & West);*
- * Calligraphy & Metaphors with special emphasis on the symbolic names of the 5 generations of the Huang family fathers; and*
- * Continued development of the Tai Ji Forms.*

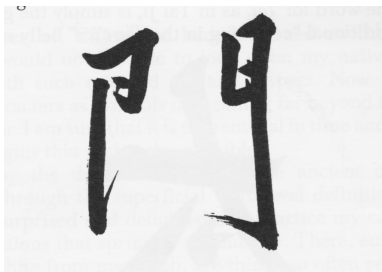
Happy Water Rabbit New Year (4,721)



From Animal Powers by Chungliang Ai Huang

GATEWAY TO OPEN VISION

門 Men / Gateway; 開 Kai / Open; 目光 Mu Guang / Vision



Men: Gate / Gateway

Five Generations of Huang Family Fathers

In a previous newsletter, Chungliang provided insight into the names of his fathers:

"Recently, I observed the symbolic names of the Five generation of my Huang Family fathers and see them as a ready-made sacred Talisman:

My great-great grandfather's name was 黃學易 "Huang, who studies the "YI" as in Yi Jing (I Ching)", Great-grandfather was 黃德明 "Huang, who's virtue (as in Te of "Tao Te Ching") is bright as sun and moon", Grandfather was 黃大紀 "Huang, the Great Epoch or the Nature's Eternal Law; and my father's given name was, 黃寶循 "Huang, who treasures the order of things", and my name 黃忠良 "Huang, who is center-heart/minded to strive for clarity and balance".



Yi - Change and Transformation



Xue - Study of



Ming- Sun/Moon enlighten



De-Virtue/Power



Ji- Epoch/Pattern



Da / Great



Xun to follow / to adhere



Centered Heart/Mind



Crystal Balance

FOREST BATHING – MEDITATIVE POETRY



登鶴雀樓 Dēng Guànnuè Lóu [ascend] [stork] [sparrow] [tower]

Climbing White Stork Tower ~ Wang Zhihuan (688-742)

白日依山盡，Bái rì yī shān jìn,[white] [sun] [on] [mountain] [finish]The white sun sets behind the mountains,
黃河入海流；Huánghé rù hǎiliú;[Yellow] [River] [enter] [sea] [flow]and the Yellow River flows into the sea.
欲窮千里目，yù qióng qiānlǐ mù,[want] [furthest] [thousand] [mile] [eye]To see a thousand mile view,
更上一層樓。gèng shàng yì céng lóu.[more] [ascend] [one] [floor] [tower]Rise up, ascend to another height.

Alternate Translation

Ascending the Stork Tower ~ Wang Zhihuan (688-742)

- 1 (Over the mountains, the white sun daily sets;)
(Over the mountains, daily the white sun sets; (revised 11.10.17)
Over the mountains, the white sun daily sets, (revised 30.10.17)
- 2 (And into the ocean, the Yellow River flows,)
And into the ocean, the Yellow River flows.(revised 11.10.17)
- 3 (Wishing to eye a thousand miles of sights---)
Wishing to eye: the view of a thousand miles, (revised 11.10.17)
- 4 (A floor and more, there up the steps one goes.)
(A floor, or more: oh, upstairs there one goes.) (revised 11.10.17)
(A floor and more: oh, up the stairs one goes.) (revised 30.10.17)
A floor, a floor more, up the stairs one goes. (revised 5.11.17)

FOURFOLD VISION ~ William Blake

In a letter to Thomas Butts, 22 Nov 1802, (E 722) William Blake (1757-1827) wrote:

Now I a fourfold vision see,
And a fourfold vision is given to me;
'Tis fourfold in my supreme delight
And threefold in soft Beulah's night
And twofold Always. May God us keep
From Single vision & Newton's sleep!

Advancing the Form

棚捋擠按 Peng Lu Ji An

扇通背 Shàn Tōng Bèi / Fan through back

SUPPLEMENTAL REFERENCES

Music

Duende: The Passion and Dazzling Virtuosity of
FLAMENCO: From Traditional Masters to Gypsy
Rocks

—

Three CDs and 48 pages Book. Published by Eclipsis
Arts, Roslyn New York 1994



Books

Sunflower Splendor: Three Thousand Years of
Chinese Poetry translated into English, edited by Wu-
chi Liu and Irving Yucheng Lo and published in 1975
by Anchor Press/Doubleday

