

Winter Living Tao Essential Tai Ji Series — Session Two (February 2023)

~ Study Materials ~



GATEWAY TO OPEN VISION

門 Men / Gateway; 開 Kai / Open; 目光 Mu Guang / 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); **Session Two "Spring Dawn" poem by Meng Hao-ran Tang Dynasty 689-740***
- * Calligraphy & Metaphors (Session One - with special emphasis on the symbolic names of the 5 generations of the Huang family fathers); and*
- * Continued articulation & development of the Tai Ji Forms.*

NA MO GUAN SHI YIN PU SA

Joyfully Participating In The Sorrows Of The Universe

Guan Yin Mantra Translation by John Blofeld



BEI (compassion)

Ci (heart-full feeling)

FOREST BATHING – MEDITATIVE POETRY



SPRING DAWN

by Meng Hao-ran Tang Dynasty 689-740

春曉 Chūn Xiǎo[spring] [dawn]Spring Dawn

春眠不覺曉， Chūn mián bù jué xiǎo,[spring] [sleep] [not] [aware] [dawn]In Spring one sleeps, unaware of dawn;

處處聞啼鳥。 chùchù wén tíniǎo.[place] [place] [hear] [chirp] [bird]everywhere one hears chirping birds.

夜來風雨聲， Yè lái fēngyǔ shēng,[night] [come] [wind] [rain] [sound]In the night came the sound of wind and rain;

花落知多少。 Huā luò zhī duōshǎo.[flower] [fall] [know] [many] [few]who knows how many flowers fell?

Alternate Translation

Spring morning arrives unnoticed in my slumber,
Till I hear birds twittering everywhere.
It springs to mind a storm raged through overnight,
Off it blew how many flowers I wonder?



DEEPENING PRACTICE

WU XING - The Five Moving Forces Of Nature

火 FIRE - HUO

木 WOOD - MU



金 GOLD/Metal - JIN

土 EARTH - TU
(in center)

水 WATER - SHUI

中 zhōng	Center
庸 yōng	Unwobbling Pivot
安 ān	Inner Peace
定 dìng	Settling
內 nèi	Inside
觀 guān	Contemplation
音 yīn	Resonance

Each form ends with:

Bao Hu Gui Shan 抱虎歸山 Embrace Tiger Return Mountain

CHÉN 沉 FÚ 浮 TÍ 提 PIÀO 飄 FĒI 飛 XIÁNG 翔

(6 stages)



Chén / Sinking



Fú / Rebound/Float



Tí / Lifting



Piāo / Float/Ride the Wind



Fēi / Take Flight



Xiáng / Soar

CIRCLE FORM MOTIFS

1st Circle MOTIFS

Bai He Liang Chi 白鶴亮翅 White Crane Spreads (flashes) Wings

Shou Hui Pi Pa 手揮琵琶 Hand Strumming or Plucking Pi Pa



棚捋擠按 Peng Lu Ji An

Dan Bian 單鞭 Single Whip

2nd Circle Motifs

掌 Zhǎng / Palm and 拳 Quán / Fist

左開弓 Zhu Kai Gon & 右開弓 You Kai Gon / Expanding / Stretching the Bow Left (Zhu) & Right (You)

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

扇通背 Shàn Tōng Bēi / Fan through back

3rd Circle Motifs

雲手 Yún shǒu / Cloud Hands

高探馬 Gāo tàn mǎ / High Pat on Horse

4th Circle Motifs



蛇 She / snake 斜 or Xie / slanting 身 Shen / body 下 Xia / down 地 Di / earth
Slanting Body/ Snake Creeps Down

金雞獨立 Jīn, Jī, Dú, Lì / Golden bird one leg balancing

玉女穿梭 Yu Nu Chuan Suo / Jade Maiden Weaving
(four diagonal upper corners to connect the qi)

攬雀尾 Lan Que Wei / Grasping Swallows Tail

棚捋擠按 Peng Lu Ji An

SUPPLEMENTAL REFERENCES

Music

Andrew Lloyd Webber, Pie Jesu

Books: Some Examples of the many versions of the *Tao Te Ching (Dao De Jing)*. Look for these titles:

LAO TZU: TAO TEH CHING, translated by Dr. John C,H Wu/Edited by Dr.Paul K.T. Sih (St. John's University Press, New York. 1961) – As shown by Chungliang

TAO TE CHING-The Definitive Edition, Lao Tzu, Translation and Commentary by Jonathan Star

TAO TE CHING, Lao Tzu, Translated by James Legge

TAO TE CHING, Lao Tsu, Translated by Gia-Fu Feng and Jane English

Lao-Tzu's TAOTACHING, Translated by Red Pine, with selected commentaries of the past 2000 years

LAO ZI: THE BOOK OF TAO AND TEH, Translated by Gu Zhengkun

Water Rabbit Year (4,721)

