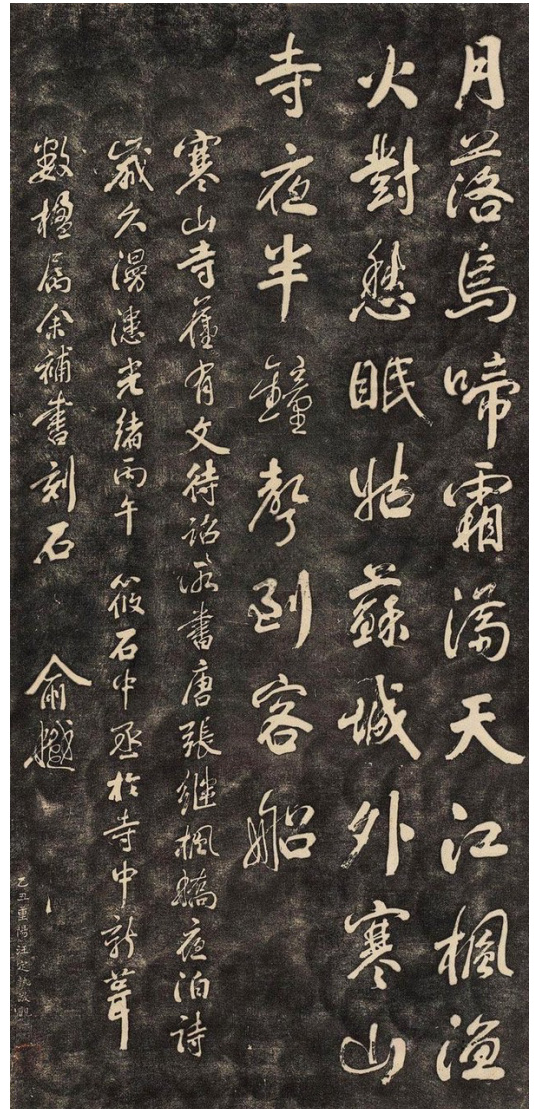


Winter Living Tao Essential Tai Ji Series — Session Three (March 2023)
~ Study Materials ~



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 philosophy, metaphors, and forms.

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

- * Nature Bathing Meditations using Poetry;*
- * Classics, Poetry & Music (East & West); (Session Three) Fēng Qiáo Yè Bó: MAPLE BRIDGE NIGHT
MOORING by Zhang Ji (733?-779) 唐 張繼 Tang Dynasty;*
- * Calligraphy & Metaphors; and*
- * Continued articulation & development of the Tai Ji Forms. (Session Three) 4th Circle Motifs.*



楓橋夜泊 *Fēng Qiáo Yè Bó: MAPLE BRIDGE NIGHT MOORING*
[MOORING AT NIGHT BY MAPLE BRIDGE]
by Zhang Ji (733?-779)唐 張繼 Tang Dynasty

月落烏啼霜滿天，yuè luò wū tí shuāng mǎn tiān
江楓漁火對愁眠。jiāng fēng yú huǒ duì chóu mián
姑蘇城外寒山寺，gū sū chéng wài hán shān sì
夜半鐘聲到客船。yè bàn zhōng shēng dào kè chuán

Moon sets, crows cry, frost fills the skies;
Maple leaves on the river, fishermen's light, insomniac melancholia....
Outside Suzhou City
the Han Shan Temple's midnight bell
reaches the solitary traveler's boat

TAO TE CHING (DAO DE JING)

Verse 8 – Translator Witter Bynner

Man at his best, like water,
 Serves as he goes along:
 Like water he seeks his own level,
 The common level of life,
 Loves living close to the earth,
 Living clear down in his heart,
 Loves kinship with his neighbors,
 The pick of words that tell the truth
 The even tenor of a well-run state,
 The fair profit of able dealing,
 The right timing of useful deeds,
 And for blocking no one's way
 No one blames him.

Verse 8 ~ additional Translations

| | Legge's Translation | Suzuki's Translation | Goddard's Translation |
|--------------------------------|--|--|---|
| 易性 | The Placid and Contented Nature | Easy By Nature | The Nature of Goodness |
| 上善若水。 | The highest excellence is like (that of) water. The excellence of water appears in it benefiting all things, and in its occupying, | Superior goodness resembleth water. The water's goodness benefiteth the ten thousand things, yet it quarreleth not. Water dwelleth in the places | True goodness is like water, in that it benefits everything and harms nothing. Like water it ever seeks the lowest place, the place that all others avoid. It is closely kin to the Dao. |
| 1 水善利萬物而不爭。 | without striving (to the contrary), the low place which all men dislike. Hence (its way) is near to (that of) the Dao. | which the multitudes of men shun; therefore it is near unto the eternal Reason | |
| 處眾人之所惡，故幾於道。 | The excellence of a residence is in (the suitability of) the place; that of the mind is in abysmal stillness; that of associations is in their being with the virtuous; that of government is in its securing good order; that of (the conduct of) affairs is in its ability; and that of (the initiation of) any movement is in its timeliness. | The dwelling of goodness is in lowliness. The heart of goodness is in commotion. When giving, goodness showeth benevolence. In words, goodness keepeth faith. In government goodness standeth for order. In business goodness exhibiteth ability. The movements of goodness keep time. | For a dwelling it chooses the quiet meadow; for a heart the circling eddy. In generosity it is kind; in speech it is sincere; in authority it is order; in affairs it is ability; in movement it is rhythm. |
| 2 居善地，心善淵，與善仁，言善信，政善治，事善能，動善時。 | | | |
| 夫唯不爭， | And when (one with the highest excellence) does not wrangle (about his low position), no one finds fault with him. | It quarreleth not. Therefore it is not rebuked. | In as much as it is always peaceable it is never rebuked. |
| 3 故無尤。 | | | |

DEEPENING PRACTICE

Bao Hu Gui Shan 抱虎歸山 Embrace Tiger Return Mountain

Chén 沉 Fú 浮 Tí 提 Piāo 飄 Fēi 飛 Xiáng 翔

(COMBINED FOR BALANCING / CENTERING)

1st, 2nd, & 3rd Circle Form Motifs

(Refer To February 2023 Study Materials For Notes)

4th Circle Motifs (Abbreviated)



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

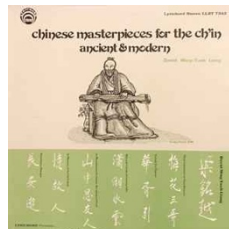
金雞獨立 Jīn, Jī, Dú, Lì / Golden Rooster's Centered Balance

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

SUPPLEMENTAL REFERENCES

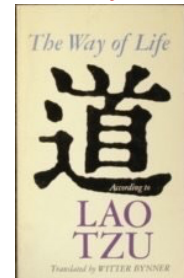
Music

[David Ming-Yueh Liang*](#) – Chinese Masterpieces
For The Ch'in Ancient & Modern



Books: 2 versions of the [Tao Te Ching \(Dao De Jing\)](#). (Refer to February 2023 Study Materials for more)

The Way of Life According to Lao Tzu,
Translator Witter Bynner
ISBN: B0001801IK



Tao Teh Ching (Shambala Library), Lao Tzu,
Translator John C.H. Wu

