

Spring/Summer Living Tao Essential Tai Ji Series — Session One (May 2023)
~ STUDY MATERIALS ~



Master Huang's teaching encourages a holistic approach to Body, Heart/Mind & Spirit practice and study through the practice of 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, Culture & Music; "The Five Principles of Peaceful Coexistence"*

和平共处五项原则 Héping gòngchǔ wǔ xiàng yuánzé

** Calligraphy & Metaphors. and*

** Continued articulation & development of the Tai Ji Forms.*

FOREST BATHING – MEDITATIVE POETRY

Some Poetry to remember and review

Rainer Maria Rilke: "I Live My Life in expanding circles..."

Antonio Machado: "Last night as I was sleeping...marvelous illusion"

C.P.Cavafy: "Ithaca" and "Waiting for the Barbarians".

Pablo Neruda: "Poetry": "And it was at that age...Poetry arrived in search of me."

T.S.Eliot: "Four Quartets":

"We shall not cease from exploration

And the end of all our exploring

Will be to arrive where we started

And know the place for the first time."

Lawrence Ferlingetti: "How to paint sunlight".

Also, Gary Snyder, Robert Bly..., and don't forget James Broughton, the "High Kuku" poet: "Of course I am infinite, says a grain of sand..."

DEEPENING PRACTICE



Circle MOTIFS

棚捋擠按 Peng Lu Ji An
單鞭 單鞭 Single Whip

Ai / Love & Xin / Heart-Mind



“Wo Ai Ni” 我愛你 “Wo De Jia” 我的家 “Wo De Jia” 我的家 “Wo De Tian Tang” 我的天堂”。

I love you, my home, my home. I love my heavenly home.

Five Principles Of Peace – Zhou Enlai Peace Institute

- 1) Mutual respect for each nation’s territorial integrity and sovereignty
- 2) Mutual non-aggression
- 3) Mutual non-interference in each other's internal affairs
- 4) Equality and mutual benefit
- 5) Peaceful co-existence

Photo by Si Chi Ko



Calligraphy: Nothingness / The Void

Poetry By Song Dynasty Poet 朱熹 Chu Hsi Zhu Xi (1130-1200 AD)

Wu 無 VOID-Emptiness--NoThing

The mirror of the pond gleams
Reflecting the splendor of the sky and the whiteness of the clouds
I asked the pond: where I can find anything as pure and transparent
The answer: only in the springs of the water of life

1st Circle MOTIFS

Bai He Liang Chi 白鹤亮翅 White Crane Spreads (flashes) Wings

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

Joan Baez & Chungliang at Esalen 50th Anniversary Celebration



SUPPLEMENTAL REFERENCES

Music

1. Shirley Horn – Here's To Life (Verve Records 1992)
2. Let The World Be Filled With Love 让世界充满爱
https://www.youtube.com/watch?v=_nIDC4wqxpq
3. Mongolian 蒙古人- Teng Ge Er 騰格爾" Tian Tang" 天堂
Song Heaven on the album Dream by Tengger
<https://music.apple.com/us/album/%E5%A4%A2/425314751>
4. Gracias A La Vida from Joan Baez: "Diamonds In Rust In The Bullring" DISKY-VI 886162

Five Principles of Peace

1. Dance of the Five Principles of Peace dedicated to Zhou Enlai created By Huang Chung-Liang (pdf included)
2. The Five Principles of Peace first written by Premier Zhou Enlai of China December 31, 1953 (pdf included)
3. Link to Huang Chungliang, Peoples Congress Video:
<https://vimeo.com/781627607/c25d63af5e?share=copy>