

Spring-Summer Living Tao Essential Tai Ji Series — Session Two (June 2023)  
~ STUDY MATERIALS ~

Ji

Tai

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 areas:

\* Nature Bathing Meditations; (session two) **The Six Healing Sounds or Liù Zì Jué (六字訣)**;

\* Classics, Culture & Music; (session one) "The Five Principles of Peaceful Coexistence

和平共处五项原则 Héping gòngchǔ wǔ xiàng yuánzé; (session two) **QingMing 清明 (Pure Brightness)**

**Ancestral Tomb Sweeping Festival;**

\* Calligraphy & Metaphors; and

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

## FOREST BATHING – MEDITATION

The **Six Healing Sounds** or **Liù Zì Jué (六字訣)**

治病的六字訣氣功

嘘 xū - 'deep sigh' or 'hiss' - Level the Liver /Gall Qi [Yang]

肝臟：發「嘘」音(需，XU)，(治肝與膽的疾病)

呵 hē /ah- 'yawn' or open throat AH - Supplement the Heart and small intestine Qi [Yin]

心臟：發「呵」音(喝，AH/HE)，(治心與小腸的疾病)

呼 hū - 'to sigh,' 'to exhale,' or 'to call' - Cultivate [or Shore Up] the Stomach, Spleen, Pancreas Qi [Yang]

脾臟：發「呼」音(忽，HU)，(治脾與胃的疾病)

嘶 sī - 'to rest' - Supplement the Lung/Large Intestine Qi [Yang]

肺臟：發「嘶」音(四，SI)，(治肺與大腸的疾病)

吹 chuī - 'to blow out,' 'to blast,' or 'to puff' - Supplement the Kidney/Bladder Qi [Yin]

腎臟：發「吹」音(炊，CHUI)，(治腎與膀胱的疾病)

嘻 xī - 'mirthful' - Regulate the Triple Burner/Triple Regulators and / **Pericardium** Qi [Yin]

三焦：發「嘻」音(西，XI)，(治三焦與心包的疾病)

## DEEPENING PRACTICE

New variation of combined Centering/Balancing movement practice



GUI SHAN



BAO HU

Embrace Tiger 抱虎 (Bao Hu)—

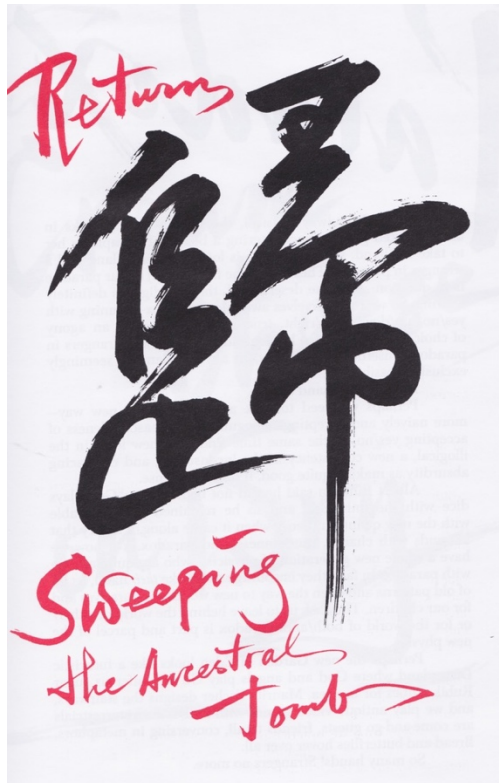
Chen 沉(Sinking) Fu 浮(floating)

Ti 提(lifting) Piao 飄(riding the wind)

Fei 飛(take flight) Xiang 翔(soaring)

—Return To Mountain 歸山(Gui Shan )

**QingMing 清明 (Clear & Bright/Pure Brightness)  
Ancestral Tomb Sweeping Festival**



*Image from "Quantum Soup" by Chungliang Al Huang*

**Han Suyin: The subject of the movie "Love is a Many Splendored Thing"**



**Brother David, Han Suyin, Chungliang**

## SUPPLEMENTAL REFERENCES

### Music

1. Luciano Pavarotti: Nessun Dorma from Turandot by Puccini
2. Maria Callas: La mamma morta from Andrea Chenier by Gioacchino Rossini
3. J.S. Bach: Concerto for Two Violins in D Minor (Double Violin Concerto): Largo ma non tanto, used in the movie "Children of a Lesser God"
4. Nat King Cole: "Let There Be Love" ❤️愛❤️
5. Nat King Cole: "Love is A Many Splendored Thing" , Oscar winning title song from the 1955 movie based on Han Suyin's novel, "A Many Splendored Thing"

