

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



Yin Yang Sculpted by Pius Brogle

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 & Three) 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) QīngMíng 清明 (Pure Brightness)

Ancestral Tomb Sweeping Festival; (session three) 陰陽 Yin Yang, 八卦 Ba Gua (Eight Trigrams), 金花 Jin Hua (Golden Flower), 外內 Wai/Nei outward/ inward;

** Calligraphy & Metaphors; and*

** Continued articulation & development of the Tai Ji Forms (session two & three) **Balancing.***

FOREST BATHING – MEDITATION

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

治病的六字訣氣功

嘘 *xū* (“shoooo”) '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 (“aahh”) '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* (“who”) '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* (“zzzz/hiss”) - 'to rest' - Supplement the Lung/Large Intestine Qi [Yang]

肺臟：發「呬」音(四，SI)，(治肺與大腸的疾病)

吹 *chuī* ("tweee")- '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* ("shee") '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

“Practice is a way to extend into your daily living” ~ Chungliang Ai Huang

運氣 Yun Qi - Qi (Chi) Flow

Inward and outward loops of motion to enhance CHI (QI) flow



Image from “Quantum Soup” by Chungliang Ai Huang

八卦 Ba Gua (Eight Trigrams)



金花 Jin Hua (Golden Flower)



Mǐ (Rice)
Eight Calligraphic Directions



Wai (outward)

Nei (Inward)

八卦 Ba Gua and 金花 Jin Hua

八卦 Ba Gua (Eight Trigrams) and 金花 Jin Hua (Golden Flower) for 8 circular inward/outward directions/inclusions/extensions of the human body's architectural structure forms.



REMINDERS AND REVIEW



Di Sha (Earth Below)



Tian Shang (Sky/Heaven Above)

三丰三

Three Levels of Consciousness
YANG Tai Ji Flow YIN

智慧

Zi Hui (Wisdom/Knowledge)

慈悲

Ci Bei (Compassion)

Balancing Practice - Six Movements

Chen 沉 (Sinking)

Fu 浮 (floating)

Ti 提 (lifting)

Piao 飄 (riding the wind)

Fei 飛 (take flight)

Xiang 翔 (soaring)

AUTUMN SERIES - YI JING (I CHING) STUDY

Hexagram 31 (Influence /Empathy) XIAN 咸 (Lake over Mountain)



SUPPLEMENTAL REFERENCES

Music

1. George Gershwin's "Summertime" sung by Ella Fitzgerald in "The Wonderful World of Ella Fitzgerald and Louis Armstrong" (SPA CD RMB 75615 Made in Belgian by I.S.P.).
2. BACH Cantata BMV 82, sung by Lorraine Hunt Lieberson — conductor Craig Smith, the Orchestra of Emmanuel Music.
3. "SING, SING, SING" by Louis Prima with Benny Goodman—LIVE at Carnegie Hall, 1938—Columbia Jazz Masterpieces.

