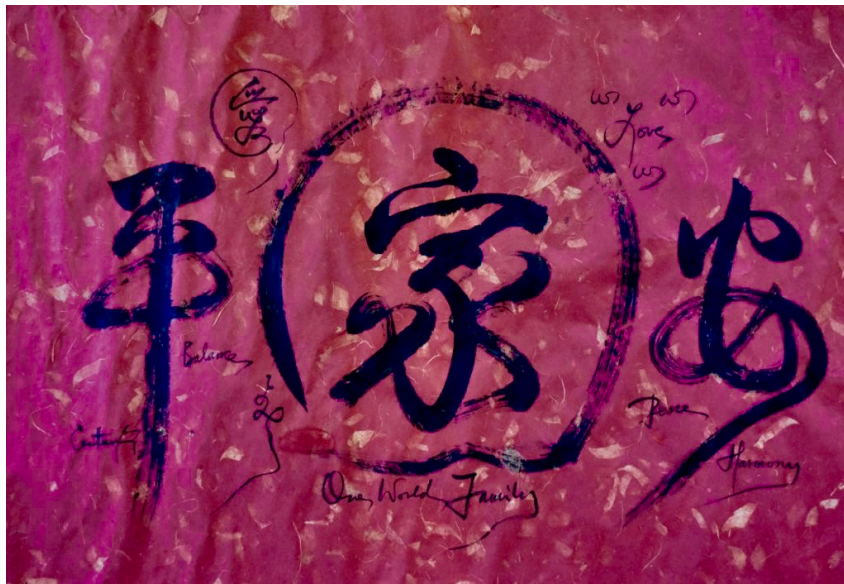


Autumn Living Tao Essential Tai Ji Series — Session Two (October 2023)
~ STUDY MATERIALS ~



Master Huang's teaching encourages a holistic approach to Body, Heart/Mind & Spirit 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:

** Classics, Culture & Music: (Session One) Da Jia hao 大家好 and variations of one FAMILY of ALL;*

(Session One) I Ching 易經 (Yi Jing): The Book of Change and Transformation;

(Session Two) Su Dong Po Xing Xiang Zi 行香子·述懷.

** Related Calligraphy & Metaphors (Session Two) Centering Spiraling from Heart Chakra Ding 定; and*

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

JOYFULLY PARTICIPATING IN THE SORROWS OF THE WORLD

Big Large Family Of Human—Da Jia 大家



Tai

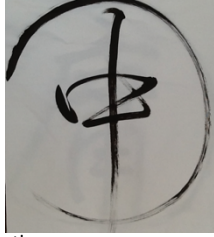


Wu Ji



Ji

CENTERING CHAKRAS



7th zhōng - center



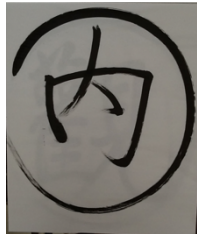
6th yōng - unwobbling pivot



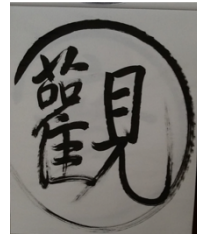
5th ān - peace



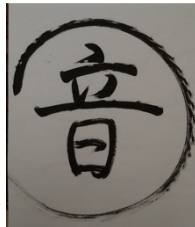
4th dìng - settling



3rd nèi - inside



2nd guān - watchful



1st yīn - sound/resonance

蘇東坡 SU DONG PO'S Xing Xiang Zi 行香子·述懷

(pair of lyrics with straight forward word by word translations)

清夜無塵。月色如銀。酒斟時、須滿十分。浮名浮利，虛苦勞神。嘆隙中
駒，石中火，夢中身。

Clear night no dust Moonlight silvery Filling your cup Must fill to the full Frothy fame bubble
wealth Wasteful striving to exhaustion

Sigh! Time so fleeting A galloping horse through a chasm Sparks when crashing stones My
body in a dream.

雖抱文章，開口誰親。且陶陶、樂盡天真。幾時歸去，作個閒人。對一張
琴，一壺酒，一溪雲。

Although full of knowledge Open my mouth, who cares? Might as well be joyfully
childlike When to go home be at leisure? Facing -- a well-tuned lute -- A jug of wine -- A stream
of cloud.

CENTERING SPIRALING FROM HEART CHAKRA (4TH) DING 定
Spiraling Chakra Sequence: 4th-3rd-5th-2nd-6th-1st-7th and Beyond



Ai / Love



Xin / Heart

DEEPENING PRACTICE

I give myself the possibility. . . the option of seeing something new and different to help me to grow as a human being. Maybe have a little more insight, looking OUT - maybe add a little more wisdom, ha-ha! ~ Chungliang Al Huang

1st Circle MOTIFS

揽雀尾 Lan Que Wei / Grasping Swallows Tail

棚捋挤按 Peng Lu Ji An

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

Shou Hui Pi Pa 手挥琵琶 Hand Strumming or Plucking Pi Pa

抱虎 Bao Hu / Embrace Tiger, 归山 Gui Shan / Return to Mountain

2nd Circle MOTIFS

拳 Quán / Fist 掌 Zhǎng / Palm

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

Chén 沉 Fú 浮 Tí 提 Piāo 飄 Fēi 飛 Xiáng 翔

扇通背 Shàn Tōng Bēi / Fan through back

3rd Circle Motifs

雲手 Yún shǒu / Cloud Hands

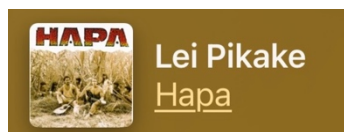
高探马 Gāo tàn mǎ / High Pat on Horse

SUPPLEMENTAL REFERENCES

Music

1. Michael Fitzpatrick - Invocation for World Peace for Solo Cello

2. Lei Pikake by HAPA



3. AIR from J.S.Bach's Orchestral Suite No.3 in D Major, BWV 1068 (Air)

4. "Inner Boogie"— Music within each of us which makes us move spontaneously and joyfully without inhibition. To Each Our Own— Uniquely NEW moves every time!

東坡先生笠屐圖

蘇子雲昌化軍人也城南有戴酒堂東坡在僊耳一日訪之遇雨從農家借笠笠着履而歸婦亦見相隨笑群大益吹故作此圖以傳好事者

持節休誇海上三蘇前
身應是牧羊奴為傭朱
後當年夢故作黃冠一
笑娛遠迹共公歸物外
清風為我送不禮誰能
喚起王摩詰畫作東坡
戴笠圖

以坡周小隱

從未涇渭不同彼得賤
黎中幸已多莫把丹
青論笠屐文章千
載一東坡

張光弼

眉山降祥俊傑式章
琳瑯金蓮紫微玉堂
羅浮蒼赤壁范
流風餘韻百世不忘
方外張雨



以一身之能任地之廣以一心
而涵造化之功宋制了了致遠博
有宗卷之遺像繪之清風紫
夫常卷之步未歷之亦所以常少
一呵之遊也 子詹吳澄

景定三年八月賜進士錢選畫

IMAGE OF SU DONG PO 蘇東坡- PAINTED 1262 AD