

## Winter Living Tao Essential Tai Ji Series — Session One (January 2024)

### ~ Study Materials ~



### The Winter theme is 返樸歸真 Fan Pu Gui Zhen

#### “Circling Back To Youth And Pure Innocence To Return To The True Self”

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: Tao Te Ching 道德經 (Dao De Jing) of Lao Zi 老子’s 81 verses Wisdom;  
Review of the Hero's Journey with Cavafy's Poem "Ithaca";
- \* Related Calligraphy & Metaphors (**Session One Uncarved Block and Unbleached Silk**); and
  - \* Continued Articulation & Development of the Tai Ji Forms  
(**Session One: Wu Xing / Five Moving Forces & 1<sup>st</sup> Circle articulations**).

### METAPHORS OF UNCARVED BLOCK AND UNBLEACHED SILK



Chun (Unbleached Silk)

Pu (Uncarved Block)

## BODY AWARENESS AND ARTICULATION WU XIN (FIVE MOVING FORCES)

Bai Hui 百會 (Crown Chakra)

Kai Xin 開心 (Open Heart)

Wu Zang 五臟 / solid organs Liu Fu 六腑 / hollow organ (5/6 Vital Organs)\*

Dantian 丹田

## FIVE MOVING FORCES OF NATURE 五行 WU XING

火 FIRE – HUO

木 WOOD – MU



金 GOLD/Metal – JIN

土 EARTH – TU (in center)

水 WATER – SHUI

## HEAVEN / HUMAN; BODY / HEART-MIND; HARMONIZE AS ONE



Shen / Xin  
Body / Heart-Mind

He / Yi  
Becomes / One

Tian / Ren  
Heaven / Human

返樸

Return / Circle Back to Uncarved Wood

歸真

Coming Back / Return to Truth / Being Real (Simplicity)

真童

Childlike Innocence / Being True Natured  
Truth/innocence 真 / Zhen of 童 Child / Tong  
(read from right to left)

然自

Zi Ran / Naturally So

## Circle MOTIFS

[Refer to October 2023 and earlier Study Materials]

*. . .how you allow the Chi to shape your form. It's always a mini-miracle . . . to allow the form to happen. ~ Chungliang*

## SUPPLEMENTAL REFERENCES

### MUSIC

Gustav Mahler - Adagietto. Sehr langsam. Symphony No. 5 in C sharp minor, 1901-02. Wiener Philharmoniker, Vienna Philharmonic Orchestra, Leonard Bernstein, 1973.

<https://www.youtube.com/watch?v=Bj6KLV7kv2Q>

**\*DETAILS OF THE 5 AND 6 VITAL ORGANS** (Solid and Hollow—Yin/Yang way of seeing and sensing/feeling them)

**The internal organs collectively refer to various organs in the human body.**

“Wu (Five) Zang” 五臟 refers to the solid organs, including the heart 心, liver 肝, spleen 脾, lungs 肺, and kidneys 腎.

“Liu (Six) Fu” 六腑 refers to the hollow container, including the small intestine 小腸, gallbladder 膽, Stomach 胃 large intestine 大腸 and bladder 膀胱 triple burner 三焦.

The internal organs of the human body are the chest and abdominal and are divided into upper burner: 上焦, middle burner 焦, and lower burner 下焦, collectively called the triple burner 三焦 which is the sixth fu 六腑 organ.