

Winter Living Tao Essential Tai Ji Series — Session Two (February 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: (*Session Two: Chinese Lunar New Year - Green Wood Dragon*);

(*Session Two: 易經 Yi Jing / I Ching 1st Hexagram 乾 Qián / Chien*);

道德經 Tao Te Ching (Dao De Jing) of 老子 Lao Zi’s 81 verses Wisdom;

* 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 & 1st Circle articulations*;

(*Session Two: Wu Xing / Five Moving Forces & 3rd Circle articulations*).

METAPHORS OF AUSPICIOUS DRAGON YEAR FOR LEARNING



Long / Dragon (Strokes)

Long / Dragon (Cursive)



Artist Kerrie Smith

易經

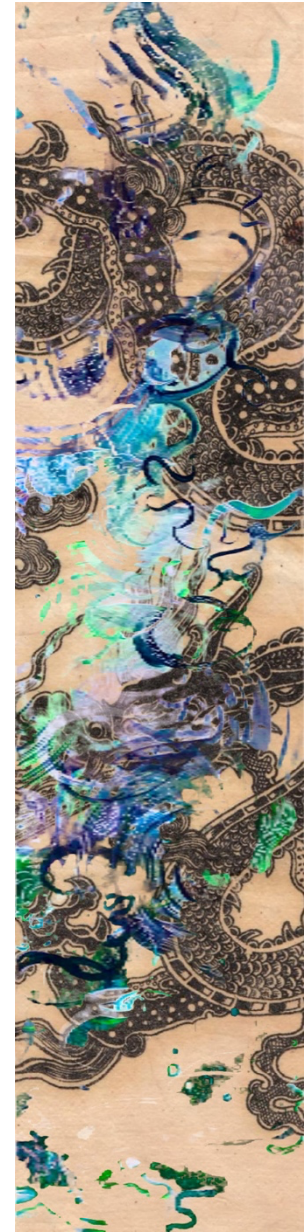
Yi Jing

乾三

Qian Hexagram # 1 - Heaven / Creative

木青

Wood / Green: This year's Dragon



Artist Kerrie Smith

易變化

Yi Bian Hua
Change - Metamorphosis - Transformation

返樸歸真 FAN PU GUI ZHEN

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

(Refer to January 2024 Study Materials)

THE SIX LINES OF 乾 QIÁN

Varied translations—read moving up from 1 to 6

(Consult I Ching .pdf and other resources)

6. Highest Flying Dragon (arrogant dragon) has regrets 亢龍有悔

5. Flying Dragon in the sky. It's advantageous to see the great person. Or, Beneficial to have a network with great people. 飛龍在天，利見大人 Go deep to see the great person you can become.

4. Dancing in the deep recesses of your consciousness. Flying Across the Chasms. No regrets. No blame 或躍在淵，无咎

3. The good / cultivated person practice Qian (the creative power) day in and day out. Be aware and vigilant. No blame. 君子終日乾乾，夕惕若厲，无咎

2. See the Dragon in the field - get out in the world. Advantageous to see/learn from the Great Personage (teacher-mentor) and in yourself to become great.

見龍在田，利見大人

1. Submerged Dragon. Do not act yet. Learn and acknowledge your deep full potential. Don't rush it. 潛龍勿用

MOVEMENT MOTIFS

*Learn to discover another new way of making the practice stronger,
more meaningful, more NOW! ~ Chungliang*

沉 Chén / Sink; 浮 Fú / Rebound; 提 Tí / Lift; 飄 Piāo / Drift on Air; 飛 Fēi / Fly; 翔 Xiáng / Soar

Five Moving Forces Of Nature 五行 Wu Xing

Third Circle Motifs

雲 Yún/ Cloud 手 Shǒu / hand

*Sometimes we do too much tai ji practice only with the form. . .
we get all the movement correctly.
But the whole transformative power of the practice
is often neglected, often is not experienced.
We don't get the joy! ~ Chungliang*

SUPPLEMENTAL REFERENCES

RESOURCES

1. Learning from "I-Ching" Part 04 1-乾 Heaven - Creative Force .pdf
2. I Ching, Foreward by Carl Gustave Jung .pdf

BOOKS

1. Richard Wilhelm-Cary F. Baynes Translation, The I Ching or Book of Change with Foreword by C. G. Jung in Bollingen Series XIX Princeton University Press

2. R.G.H. Siu, The Man of Many Qualities: A Legacy of the I Ching
Hardcover – January 1, 1968



3. Ralph Gun Hoy Siu, Portable Dragon: The Western Man's Guide to the I Ching
Paperback – January 1, 1971



MUSIC

1. The Flower Drum of Feng Yang 鳳陽花鼓— Album: Over the Ocean 彼岸 with Hao Jiang Tian 田浩江 (Sinocast Productions SPCD 001)
2. 12 Girls Band, "Freedom": 茉莉花 Jasmine Flower
3. Paul Horn, "CHINA"



FLYING DRAGON - HAPPY LUNAR NEW YEAR!

祝福木龍年快樂 幸福吉祥 萬事如意!