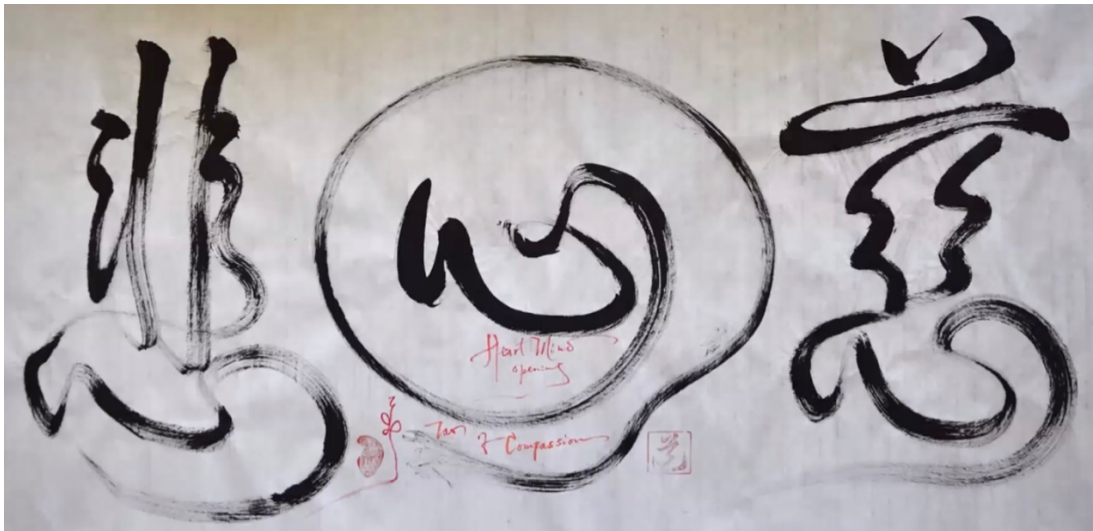


Winter Living Tao Essential Tai Ji Series — Session Three (March 2024)  
~ Study Materials ~



*The Tao of Compassion*

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 1<sup>st</sup> Hexagram 乾 Qián / Chien)

(Session Three: 易經 Yi Jing / I Ching Hexagram #11: 泰 Tai);

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

(Session Three verses 28, 31, and 66);

\* 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);

(Session Two: Wu Xing / Five Moving Forces & 3<sup>rd</sup> Circle articulations);

(Session Three: 3<sup>rd</sup> Circle articulations).

**METAPHORS OF CI BEI: MERCY / COMPASSION & OPEN CIRCLE**



Bei

Ci

Open Circle To Expand The Centering Power Outward



Empty Circle



Calligraphy by Master Wu

HEXAGRAM # 11: 泰 TAI PEACE / HARMONY



“The small part of you will be out of the way. The great part of you will come to you.”





## 31 *Stilling War*

夫佳兵者不祥之器。物或惡之。故有道者不處。君子

Now arms, however beautiful, are instruments of evil omen, hateful, it may be said, to all creatures. Therefore, they who have the Tao do not like to employ them.

The superior man ordinarily considers the left hand the most honorable place, but in time of war the right hand.

Those sharp weapons are instruments of evil omen, and not the instruments of the superior man; he uses them only on the compulsion of necessity. Calm and repose are what he prizes; victory by force of arms is to him undesirable.

To consider this desirable would be to delight in the slaughter of men; and he who delights in the slaughter of men cannot get his will in the kingdom.

On occasions of festivity, to be on the left hand is the prized position; on occasions of mourning, the right hand. The second in command of the army has his place on the left; the general commanding in chief has his on the right; his place, that is, is assigned to him as in the rites of mourning. He who has killed multitudes of men should weep for them with the bitterest grief; and the victor in battle has his place rightly according to those rites.



**67** *Three Precious Things*

天下皆謂我道大似不肖。夫唯大，故似不肖。若

All the world says that, while my Tao is great, it yet appears to be inferior to other systems of teaching. Now it is just its greatness that makes it seem to be inferior. If it were like any other system, for long would its smallness have been known!

But I have three precious things which I prize and hold fast. The first is gentleness; the second is economy; and the third is shrinking from taking precedence of others.

With that gentleness I can be bold; with that economy I can be liberal; shrinking from taking precedence of others, I can become a vessel of the highest honor.

Nowadays they give up gentleness and are all for being bold; economy, and are all for being liberal; the hindmost place, and seek only to be foremost; of all which end in death.

Gentleness is sure to be victorious even in battle, and firmly to maintain its ground. Heaven will save its possessor, by his very gentleness protecting him.

**MOVEMENT MOTIFS**

Third Circle Motifs

雲 Yún/ Cloud 手 Shǒu / hand

## SUPPLEMENTAL REFERENCES & RESOURCES

### BOOKS

1. James Kaplan, *3 Shades of Blue: Miles Davis, John Coltrane, Bill Evans and the Lost Empire of Cool*, Penguin Random House. A magnificent account of the paths of the *three* giants to the mountaintop of 1959 and beyond.
2. John Blofeld, *My Journey in Mystic China, Old Pu's Travel Diary*, The only English translation of John Blofeld's memoirs as a Westerner living in China prior to the Communist Revolution.
3. Alan Watts, *Tao The Watercourse Way*, Written with the collaboration of Al Chung-liang Huang.
4. Stephen and Robin Larsen, *A Fire in the Mind - The Life of Joseph Campbell*, Drawing upon Campbell's papers, letters, and journals, this biography describes his role as athlete, scholar, and world traveler and discusses his writing.

### MUSIC - Jazz Albums

1. Winton Marsalis, *Marsalis Standard Time, Vol. 1* is an album by jazz trumpeter [Wynton Marsalis](#) that was released in 1987. It won the Grammy Award for [Best Jazz Instrumental Performance, Group](#) in 1988.
2. Miles Davis, *Love Songs* is a compilation album by American [jazz](#) musician [Miles Davis](#), released on February 2, 1999, by [Sony Music Records](#). The songs it compiles were recorded between May 10, 1957, and February 12, 1964.
3. Miles Davis, *Kind of Blue* is regarded by many critics as *Davis's* masterpiece, the greatest jazz album ever recorded, and one of the best albums of all time. Its impact on music, including jazz, rock, and classical genres, has led writers to also deem it one of the most influential albums ever made.



“Wo Ai Ni” 我愛你！