

Spring / Summer Living Tao Essential Tai Ji Series — Session Three (July 2024)
~ Study Materials ~



Taos, New Mexico

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: Beethoven’s 9th Symphony*); (*Session Two: Introduction to 易經 Yi Jing / I Ching - delving deeper into many aspects of the power of this Wisdom Book of “Change and Transformation”*) (**Session Three “Ode to Joy” & “We Are the World”**);
- * Related Calligraphy & Metaphors: (*Session One: 為無為 Wei Wu Wei*); (*Session Two: 抱虎歸山 “Embrace Tiger, Return to Mountain”, to engage in our perpetual learnings of how to “embrace 抱” the many current global and personal challenges—the “Tiger 虎” in and of our lives. And to learn to understand the true wisdom of 歸山 “Return to Mountain”— coming back to a secure home base instead of reaching far and away for lofty abstract ideals*); (**Session Three 佛 Fó Buddha/Buddhism and 樂 Lè Joy**); and
- * Continued Articulation & Development of the Tai Ji Forms (**Session Two & Three: Centering, Tai Ji Ritual, Five Moving Forces / Wu Xing, and Circle Motifs**)



Fó Buddha/Buddhism



Zhong / Centering



Zhong Xin

Calligraphy by Weng Liang Huang



Centered Heart

DEEPENING PRACTICE

TAI JI RITUAL – Part One

天 tiān 上 shàng Sky Above

地 dì 下 xià Earth Below

外 wài 內 nèi Out There / Inside (in Here)

前 qián 進 jìn Forward Action

後 hòu 退 tuì Moving Back Into Reflection

左 zuǒ 顧 gù Left Looking (Presently)

右 yòu 盼 pàn Right Looking (Far)

TAI JI CHAKRAS

中 zhōng	Center
庸 yōng	Unwobbling Pivot
安 ān	Inner Peace
定 dìng	Settling
內 nèi	Inside
觀 guān	Contemplation
音 yīn	Resonance

WU XING - The Five Moving Forces (of the Nature within our own being)

火 FIRE - HUO

木 WOOD - MU



金 GOLD/Metal - JIN

土 EARTH - TU
(in center)

水 WATER - SHUI

QI ENERGY OF HUO & SHUI

When you do the form, we see more than just your body shape.
We see the qi you create with your form.
~ Quotes from our Master

Huo
Upward Lift
Wei

Shui
Downward Flow
Wu Wei

... a very clear shift of qi flow. . .that makes tai ji -- tai ji needs to have yang and yin,
happening spontaneously, easily -- create a wholeness in your awareness.
~ Quotes from our Master

TAI JI THROUGH THE YEARS

By Beat Städeli



CIRCLE PRACTICE MOTIFS



Sculpture by Marina Donati

1st Circle Motifs

揽雀尾 Lan Que Wei / Grasping Swallows Tail

Peng Lu Ji An 棚捋挤按
(“pon, lew, gee, ahn”)

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

Single Whip / 单鞭 Dan Bian

拳 Quán / Fist 掌 Zhǎng / Palm

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

Slanted Flight / 斜飞 Xie Fei

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



TAOS MEMORIES



SUPPLEMENTAL REFERENCES

1. "The Greatest Night in Pop: 2024 documentary about the making of "We Are The World"
<https://youtu.be/MD3oU1gowu4?feature=shared>
2. "Ode to Joy" is best known for its use by Ludwig van Beethoven in the final (fourth) movement of his Ninth Symphony completed in 1824. The Beethoven text is partially based on Schiller's poem, and it introduces a few new sections.
3. Additional Photos from Taos 1982 by Jay Goldfarb - See attached pdf.

JOY / Lè



Calligraphy by Weng Liang Huang