

Autumn Living Tao Essential Tai Ji Series — Session One (September 2024)  
~ 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: Tao Te Ching 道德經 (Dao De Jing) of Lao Zi 老子's 81 verses - Comparative translations); (Session One: Introduction to 易經 Yi Jing / I Ching Wisdom Book of Change and Transformation Hexagram One Qian);**
- \* Related Calligraphy & Metaphors: **(Session One: Jīn Huā/Golden Flower, Mǐ/Rice, Mǐ/Lost, Mǐ/Riddle, Jù Jīng, Yǎng Qì, Huì Shén, Xué Xí);** and
- \* Continued Articulation & Development of the Tai Ji Forms.

**CALLIGRAPHIC DEVELOPMENT OF THE EIGHT DIRECTIONS**



Golden Flower / Jīn Huā



Rice / Mǐ



Mǐ / Rice

Qì / Breath



Mǐ / Rice

Jīng / Essence



Mǐ / Rice

Mí / Lost



Mí / Riddle

Mí / Lost

NEW DIMENSIONS OF JING QI SHEN



Jù Jīng  
Gather in Vital Essence



Yǎng Qì  
Nurish or Nurture



Huì Shén  
Centering (Meeting) of the Spirit

TAO TE CHING 道德經 (DAO DE JING)  
FUTURE COMPARATIVE STUDIES

易經 YI JING / I CHING WISDOM BOOK OF CHANGE AND TRANSFORMATION  
HEXAGRAM # 1 QIAN



Lóng / Dragon (cursive)

# 習學

Xué Xí / Learning

## 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)

## CIRCLE PRACTICE MOTIFS



*Sculpture by Pius Brogle*

### 1<sup>st</sup> Circle Motifs

攬雀尾 Lan Que Wei / Grasping Swallows Tail

Peng Lu Ji An 棚捋擠按

(“pon, lew, gee, ahn”)

Single Whip / 單鞭 Dan Bian

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

### 2<sup>nd</sup> Circle Motifs

拳 Quán / Fist 掌 Zhǎng / Palm

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

Slanted Flight / Xie Fei



Shàn Tōng Bèi / Fan through back

### SUPPLEMENTAL REFERENCES

#### I Ching (Yi Jing) Sources:

- *I Ching*, Translated and Edited by John Blofeld
- *The Original I Ching Oracle or The Book of Changes: The Eranos I Ching Project* by Rudolf Ritsema
- (The Eranos I Ching is the ultimate product of fifty years of I Ching studies by Rudolf Ritsema and of ten years of experiential I Ching work in the Eranos Round Table in Ascona, Switzerland)
- *The Portable Dragon: Western Man's Guide to the I Ching*—by R.G.H. Siu (M.I.T.Press 1971)

#### Tao Te Ching (Dao De Jing) Sources:

- *Thus Spoke Laozi: Dao De Jing* by Charles Wu (Foreign Language Teaching and Research Series, Beijing)
- *The Way of Life: According to Lao Tzu* by Witter Bynner (Capricorn Books)
- *Lao Tzu Tao Te Ching: A Book about The Way and the Power of The Way*— translated by Ursula K. Le Guin (Shambhala Publications)

