Autumn Living Tao Essential Tai Ji Series — Session One (September 2024) ~ Study Materials ~

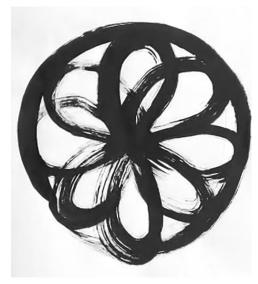


Master Huang's teaching encourages a holistic approach to Body, Heart/Mind & Spirit study through the practice of Living Tao philosophy, metaphors, and forms.

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, Mí/Lost, Mí/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 Jīng / Essence





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)



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

1st Circle Motifs

揽雀尾 Lan Que Wei / Grasping Swallows Tail

Peng Lu Ji An 掤捋擠按

("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 手揮琵琶 Hand Strumming or Plucking Pi Pa

抱虎 Bao Hu / Embrace Tiger, 歸 山 Gui Shan / Return to Mountain

2nd 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 Tong Bei / 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 Pubications)

