

Winter / Spring Living Tao Essential Tai Ji Series — Session One (February 2025)
~ Study Materials ~



福倒 Fú Dào
“Luck Arriving”



福 Fú
Happiness/Good Fortune/ Luck

Hope Springs for the Future ~Xi Wang Jiang Lai 希望將來; and

New Growth/Creativity Replaces the Wilted/Decayed ~Xin Cheng Dai Xie 新成代謝

Master Huang’s teaching encourages a holistic approach to Body, Heart/Mind & Spirit study through the practice of the Living Tao philosophy, metaphors, and forms. Over the course of this Series, while reviewing Tai Ji essentials, Master Huang will introduce new material in the following practice areas:

- * Classics, Culture & Music: Tao Te Ching 道德經 (Dao De Jing) of Lao Zi 老子 81 verses Wisdom (**Session One: Verses 77 & 78**) (**Session One: Handel, Hallelujah Chorus, Jon Baptiste Beethoven Blues, & Marvin Gaye, What’s Going On**); I Ching 易經 (Yi Jing) The Book of Change and Transformation;
 - * Related Calligraphy & Metaphors (**Session One: Chūn / Spring, Series themes**); and
 - * Continued Articulation & Development of the Tai Ji Forms (**Session One: Wu Xing, Five Moving Forces**).



Chūn / Spring
YEAR OF THE WOOD SERPENT 木蛇



Cursive one stroke Shé / Serpent

*We do creative tai ji--to re-create, renewed every time we do it.
~ Quotes from our Master*

WU XING - The Five Moving Forces of Nature

火 FIRE - HUO

木 WOOD - MU



金 GOLD/Metal - JIN

**土 EARTH - TU
(in center)**

水 WATER - SHUI

*The fire within you! That is your personal sense of being ALIVE!
~ Quotes from our Master*

CALLIGRAPHIC METAPHORS



Flowing Water

Xi Wang Jiang Lai 希望將來



For the Future to Come



Looking Forward with Hope

Xin Cheng Dai Xie 新成代謝



New



Growth



Replaces



What is No More



Yi Bian Hua
Change / Transformation / Metamorphosis

TAO TE CHING (DAO TE JING)

VERSE 77 - The Way of Heaven

	Legge's Translation	Susuki's Translation	Goddard's Translation
天道	The Way of Heaven	Heaven's Reason	Dao Of Heaven
天之			
道，其			
猶張弓	May not the Way (or Dao) of	Is not Heaven's Reason	Tao of heaven resembles
歟？高	Heaven be compared to the	truly like stretching a bow?	the stretching of a bow. The
1 者抑	(method of) bending a bow? The	The high it brings down, the	mighty it humbles, the
之，下	(part of the bow) which was high	lowly it lifts up. Those who	lowly it exalts. They who
者舉	is brought low, and what was low	have abundance it	have abundance it
之；	is raised up.	depleteth; those who are	diminishes and gives to
		deficient it augmenteth.	them who have need.
有餘者			
2 損之，	(So Heaven) diminishes where	Such is Heaven's Reason. It	That is Dao of heaven; it
不足者	there is superabundance, and	depleteth those who have	depletes those who abound,
補之。	supplements where there is	abundance but completeth	and completes those who
	deficiency.	the deficient.	lack.
天之			
道，損			
有餘而	It is the Way of Heaven to	Man's Reason is not so. He	The human way is not so.
3 補不	diminish superabundance, and to	depleteth the deficient in	Men take from those who
足。人	supplement deficiency. It is not so	order to serve those who	lack to give to those who
之道，	with the way of man. He takes	have abundance.	already abound.
則不	away from those who have not		
然，	enough to add to his own		
	superabundance.		
損不足			
以奉有			
4 餘。孰	Who can take his own	Where is he who would	Where is the man who by
能有餘	superabundance and therewith	have abundance for serving	his abundance can best
以奉天	serve all under heaven? Only he	the world?	serve the world?
下，唯	who is in possession of the Dao!		
有道			
者。			

<p>是以聖 人為而 不恃， 5 功成而 不處， 其不欲 見賢。</p>	<p>Therefore the (ruling) sage acts without claiming the results as his; he achieves his merit and does not rest (arrogantly) in it;--he does not wish to display his superiority.</p>	<p>Indeed, it is the holy man who acts but claims not; merit he acquires but he does not dwell upon it, and does he ever show any anxiety to display his excellence?</p>	<p>The wise man makes but claims not, he accomplishes merit, yet is not attached to it, neither does he display his excellence. Is it not so?</p>
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VERSE 78 - Things to be Believed

	Legge's Translation	Susuki's Translation	Goddard's Translation
<p>任信</p>	<p>Things to be Believed</p>	<p>Trust in Faith</p>	<p>Trust and Faith</p>
<p>1 天下莫柔弱 于水，而攻 堅強者，莫 之能勝，以 其無以易 之。</p>	<p>There is nothing in the world more soft and weak than water, and yet for attacking things that are firm and strong there is nothing that can take precedence of it;--for there is nothing (so effectual) for which it can be changed.</p>	<p>In the world nothing is tenderer and more delicate than water. In attacking the hard and the strong nothing will surpass it. There is nothing that herein takes its place.</p>	<p>In the world nothing is more fragile than water, and yet of all the agencies that attack hard substances nothing can surpass it.</p>
<p>2 弱之勝強， 柔之勝剛， 天下莫不 知，莫能 行。</p>	<p>Every one in the world knows that the soft overcomes the hard, and the weak the strong, but no one is able to carry it out in practice.</p>	<p>The weak conquer the strong, the tender conquer the rigid. In the world there is no one who does not know it, but no one will practise it.</p>	<p>Of all things there is nothing that can take the place of Dao. By it the weak are conquerors of the strong, the pliable are conquerors of the rigid. In the world every one knows this, but none practice it.</p>
<p>3 是以聖人 云：「受國 之垢，是謂 社稷主；受 國不祥，是 為天下 王。」</p>	<p>Therefore a sage has said, "He who accepts his state's reproach, Is hailed therefore its altars' lord; To him who bears men's direful woes They all the name of King accord."</p>	<p>Therefore the holy man says:"Him who the country's sin makes his, We hail as priest at the great sacrifice. Him who the curse bears of the country's failing. As king of the empire we are hailing."</p>	<p>Therefore the wise man declares: he who is guilty of the country's sin may be the priest at the altar. He who is to blame for the country's misfortunes, is often the Empire's Sovereign.</p>
<p>4 正言若反。</p>	<p>Words that are strictly true seem to be paradoxical.</p>	<p>True words seem paradoxical.</p>	<p>True words are often paradoxical</p>

SUPPLEMENTAL REFERENCES

1. Handel: Messiah, Hallelujah (Sir Colin Davis, Tenebrae, London Symphony Orchestra)

https://www.youtube.com/watch?v=u6_nj11BgTE

2. Beethoven Blues, Album by Jon Batiste

Für Elise - Batiste

<https://www.youtube.com/watch?v=-5YRhvH6Uys>

3. Marvin Gaye, "What's Going On"

<https://www.youtube.com/watch?v=H-kA3UtBj4M>



Xué / Learning
Childlike absorption

Xí / Practice
A pair of young wings learning to fly

