

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



Calligraphy by Alan Watts

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 Two: Verse 64); (Session One: Handel, Hallelujah Chorus, Jon Baptiste Beethoven Blues, & Marvin Gaye, What’s Going On) (Session Two: Zen/Tao sayings, “Spring comes, grass grow by itself” & “Chop Wood, Carry Water”); I Ching 易經 (Yi Jing) The Book of Change and Transformation (Session Two: Hexagram #3 and #24);
- * Related Calligraphy & Metaphors (Session One: Chūn / Spring, Series themes), (Session Two: Coming Back to Practice Again); and
- * Continued Articulation & Development of the Tai Ji Forms (Session One: Wu Xing, Five Moving Forces); (Session Two: Tai Ji Ritual).

ZEN/TAO 禪/道 SAYING

Spring comes, grass grow by itself



Chun



Lai



Cao



Zi



Sheng

HEXAGRAM #3 CHUN
Difficult Beginnings



Chun



Hexagram #3

“Slowly allow the dormant energy to begin to generate a new power to refresh and renew”
~Quotes from our Master

TAI JI RITUAL



Sculpture by Pius Brogle

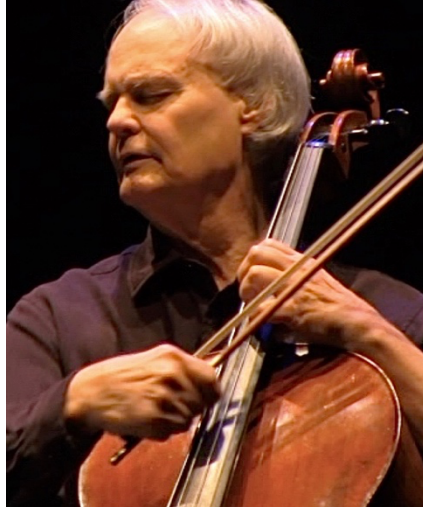
Part 1

天 tiān 上 shàng Heaven Above
地 dì 下 xià Earth Below
外 wài 內 nèi Out There / Inside
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)

Centering Chakras

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

REMEMBERING DAVID DARLING



March 5, 1941 - January 8, 2021

POETRY

The Second Coming By William Butler Yeats

Turning and turning in the widening gyre
The falcon cannot hear the falconer;
Things fall apart; the centre cannot hold;
Mere anarchy is loosed upon the world,
The blood-dimmed tide is loosed, and everywhere
The ceremony of innocence is drowned;
The best lack all conviction, while the worst
Are full of passionate intensity.

Surely some revelation is at hand;
Surely the Second Coming is at hand.
The Second Coming! Hardly are those words out
When a vast image out of *Spiritus Mundi*
Troubles my sight: somewhere in sands of the
desert
A shape with lion body and the head of a man,
A gaze blank and pitiless as the sun,
s moving its slow thighs, while all about it
Reel shadows of the indignant desert birds.
The darkness drops again; but now I know
That twenty centuries of stony sleep
Were vexed to nightmare by a rocking cradle,
And what rough beast, its hour come round at last,
Slouches towards Bethlehem to be born?

A Sleep Of Prisoners By Christopher Fry

Dark and cold we may be, but this
Is no winter now. The frozen misery
Of centuries breaks, cracks, begins to move.
The thunder is the thunder of the floes,
The thaw, the flood, and the upstart spring.
Thank God our time is now when wrong
Comes up to face us everywhere,
Never to leave us till we take
The longest stride of soul men and women ever
took.
Affairs are now soul size.
The enterprise is exploration into God.
Where are you making for? It takes
So many thousand years to awake . . .
But will you wake, for pity's sake?

I live my life in widening circles
By Rainer Maria Rilke

I live my life in widening circles
that reach out across the world.
I may not complete this last one
but I will give myself to it.

I circle around God, around the primordial tower.
I've been circling for thousands of years
and I still don't know: am I a falcon,
a storm, or a great song?

HEXAGRAM #24 FU
The Turning Point



Fu



Hexagram #24

CALLIGRAPHIC METAPHOR
Coming Back To Practice Again



Xi



Fu

TAO TE CHING (DAO DE JING)

Verse 64

A tree with the girth of a man's embrace
Grows out of a tiny shoot
A terrace nine stories high
Rises from a basket of dirt
The journey of a thousand miles
Begins under your feet

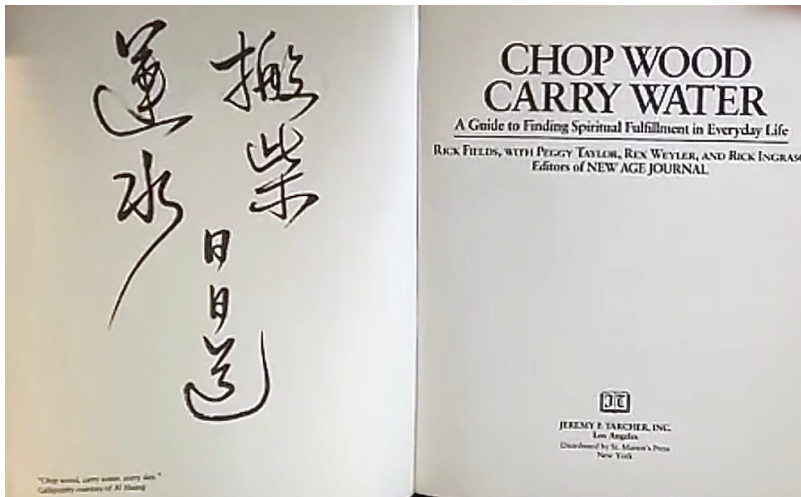
(alternate translation)

A tree as big as a man's embrace springs from a tiny sprout
A tower nine stories high begins with a heap of earth
A journey of a thousand miles starts from where your feet stand

ZEN SAYING



Every Day (New) Tao



SUPPLEMENTAL REFERENCES

1. The Four Seasons, Violin Concerto by Antonio Vivaldi
<https://www.youtube.com/watch?v=GRxofEmo3HA>
2. Eight String Religion by David Darling
<https://www.google.com/search?client=firefox-b-1-e&q=8-String+Religion+david+Darling>
3. Where Is Home by Abel Selaocoe
<https://www.google.com/search?client=firefox-b-1-e&q=Where+Is+Home+by+Abel+Selaocoe>