

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



By Chungliang Ai Huang

愛 ♥ MEANING AND PRACTICE

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; I Ching 易經 (Yi Jing) The Book of Change and Transformation; **(Session One Music listed below)**;
- * Related Calligraphy & Metaphors: **(Session One: Ci Bai/Compassion, Fire/Huo Horse/Ma, ; and**
- * Continued Articulation & Development of the Tai Ji Forms: **(Session One: Tai Ji Ritual, Five Moving Forces).**

EVERY DAY, NEW

日日新



Ci Bai / Compassion

“Heart to heart feelings with joy and suffering around the world”
~Quote from Chungliang



Huo / Fire

Guang / Light



Ming / (Sun & Moon) Brightness
Brighten Up!

Liang / Enlighten

“In every dark place we come gradually from darkness to light”
~Quote from Chungliang

GUAN YIN CHANT

Joyfully participating in the sorrows of the world
Namo Guan Shi Yin Pusa



Huo / Fire

Ma / Horse

TAI JI RITUAL

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

“Go beyond yourself with much higher aspirations, higher Qi flow”
~Quote from Chungliang

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

1st Circle MOTIFS

揽雀尾 Lan Que Wei / Grasping Swallows Tail

棚捋挤按 Peng Lu Ji An

单鞭 Dan Bian / Single Whip

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



“This one image of the horses ‘Being Set Free’ has all the elements we need to be reminded when Tai Ji Dancing to remember the Sun, Fresh Air, Open Field. Blue Skies— and learn to Run, Jump, Leap, and to Prance. To Laugh and to Fly....to remind us ALL to be FREE to BE!”

~Quote from Chungliang

2nd Circle MOTIFS

拳 Quán / Fist 掌 Zhǎng / Palm

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

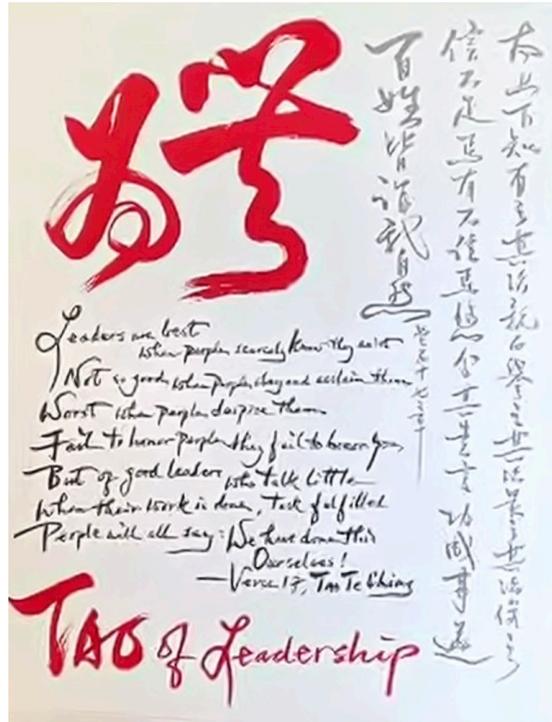
扇通背 Shàn Tōng Bèi / Fan through back



Sculpture by Pius Brogle

SUGGESTED REVIEW FOR NEXT SESSION

Tao Te Ching 道德經 (Dao De Jing): Verses 17 (Leadership)



I Ching 易經 (Yi Jing) The Book of Change and Transformation: Hexagram 11 - 泰 Tai / Peace



Xin Xin Ming (Trust in Mind)
Da Xue (Confucius)

SUPPLEMENTAL REFERENCES

1. Chinese Baroque Players, Vivaldi *Four Seasons*
2. Samuel Barber, *Adagio for Strings*
3. Beatles, *All You Need is Love*

