

Winter / Spring Living Tao Essential Tai Ji Series — Session TWO (March 2026) ~ Study Materials ~



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 (**Session Two V. 31**); I Ching 易經 (Yi Jing) The Book of Change and Transformation (**Hexagrams 51 & 52**); (**Session Two Music below**);
- * Related Calligraphy & Metaphors 愛 ❤️: (Session One: Ci Bai/Compassion, Fire/Huo Horse/Ma) (**Session Two Motifs of Peace and Centering**); and
- * Continued Articulation & Development of the Tai Ji Forms: (Session One: Tai Ji Ritual, Five Moving Forces); (**Session Two: Tai Ji Ritual, Tai Ji Balancing walk, 3rd & 4th Circle motifs**).

CENTERING WITH THE TAI JI RITUAL

(See Session One Study Materials)

“It is so important to empower yourself to something much bigger than this little me”

~Quote from Chungliang

TAI JI BALANCING WALK

沉 Chen / Sinking, dropping deep and settling

浮 Fu / Floating, instant rebound

提 Ti / Lifting, upward centering

WAR AND PEACE



Zhan Zheng / War



He Ping / Peace



Ping / Peace



An / Inner Peace

BE AT PEACE

I CHING 易經 (YI JING) THE BOOK OF CHANGE AND TRANSFORMATION



Hexagram 51 – Zhen / Thunder





Hexagram 52 – Gen / Stillness



Chen / Sinking



Fu / Floating



Ti / Lifting

“Life is movement. Life is a dance.
You need to stay centered within the dance”
~Quote from Chungliang

TAO TE CHING 道德經 (DAO DE JING)

Verses 29, 30, 31
(For your meditation)

GUAN YIN CHANT

Joyfully participating in the sorrows of the universe

~ As quoted by John Blofeld

SUPPLEMENTAL REFERENCES

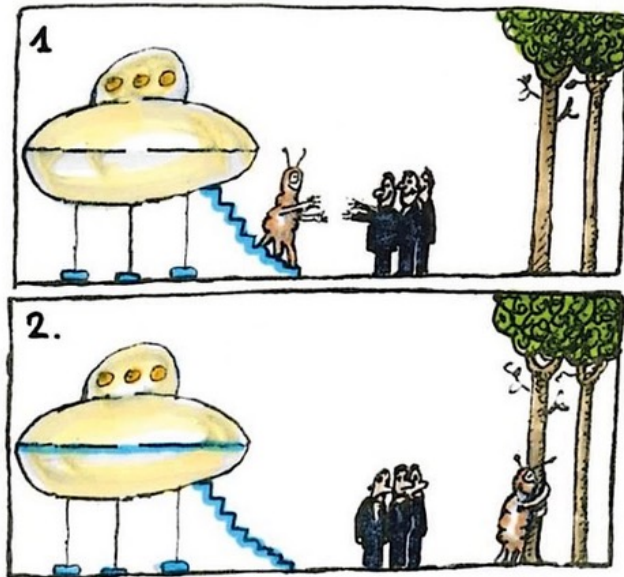
Music:

1. Gustav Mahler - *Adagietto*, Symphony no.5 in C sharp minor
2. Jacques Loussier - *Air on the G String* by J.S. Bach
3. Bobby McFerrin - *Don't Worry Be 1Happy*

Practice Note:

踢 Ti—Kick from pointed back of foot

蹬 Deng—Kick from flexed heel of foot



Artist: Marek Raczkowski

