

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



愛 ❤️ MEANING AND PRACTICE

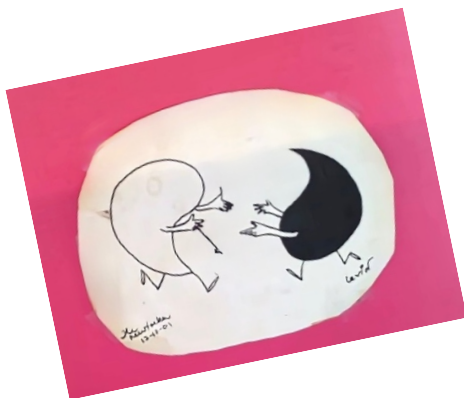
Master Huang’s teaching encourages a holistic approach to Body, Heart/Mind & Spirit study through the practice of the Living Tao philosophy, metaphors, and forms. Over the course of this Series, while reviewing Tai Ji essentials, Master Huang will introduce new material in the following practice areas:

* 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 (**Hexagram #63 & # 64**); (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).

CYCLING YIN YANG



**“It’s always this ongoing shifting-changing
yin yang balancing act”
~Quote from Chungliang**

**FOUR THROUGHWAYS OF CHI CIRCULATION AND EIGHT EXTENTIONS
OF REACHING FARTHER OUT**



**Golden Flower / Jin Hua
(8 Directions)**



**Si Tong
FOUR (verticals & diagonals) THROUGH FLOW**

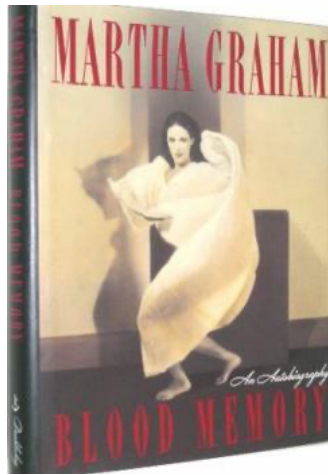


Ba Da....OUT, REACH and BEYOND (CONTINUE TO FOCUS) IN YOUR CENTER

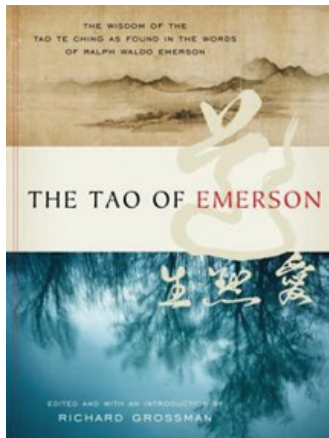
IMPORTANT RESOURCES

MARTHA GRAHAM

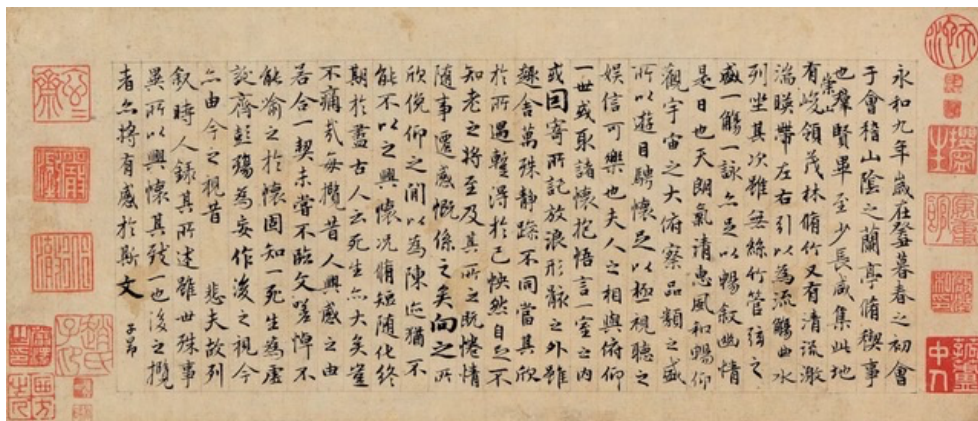
Practice Note: Use Martha Graham's "Contract and Release" technique for CHI "gathering and expanding" practice.



RALPH WALDO EMERSON & RICHARD GROSSMAN



LAN TING PREFACE Translation in THE IMPORTANCE OF LIVING by LIN YUTANG



Original Text and Calligraphy by Wang XiZhi (303-361)

I CHING 易經 (YI JING) MANDALAS



Fu Xi 伏羲八卦



King Wen/Duke of Zhou 文帝周公八卦圖

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



Hexagram 64 – Wei Ji/ Not yet accomplished

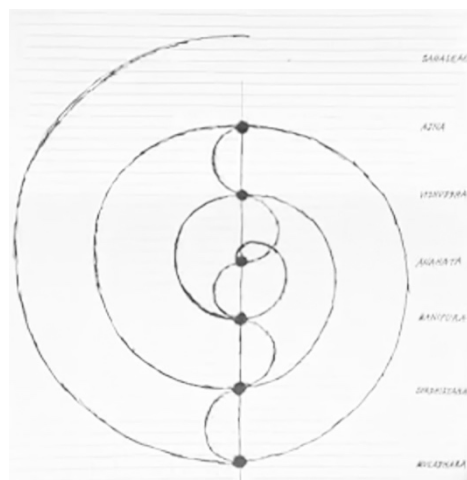
[Suggests the ever-spinning wheel of life never reaches a final conclusion]



Hexagram 63, Ji Ji / Already accomplished in the upward “Yang-Yin-Yang-Yin-Yang-Yin” to continue with the reversed movement again in #64 Wei Ji Hexagram.



SEVEN CHAKRAS



TAI JI RITUAL

左 Zuǒ 顧 Gù

Look at reality / what is nearby (left)

右 Yòu 盼 Pàn

Look into at future possibility / what is in the distance (right)



Qi (Chi)



Hua / Flower (Blossom)



Feng Liu / Wind Flow



Hu / Tiger and Shui / Water

EMBRACE TIGER, RETURN TO MOUNTAIN

抱 Bào 虎 Hǔ 歸 Guī 山 Shān



SUPPLEMENTAL REFERENCES

Books:

1. Graham, Martha - *Blood Memory: An Autobiography*
2. Yutang, Lin – *The Importance of Living: Chapter Seven, IV. This Earth The Only Heaven* pgs. 155-159.
3. Emerson, Ralph Waldo & Grossman, Richard – *The Tao of Emerson: The Wisdom of the Tao Te Ching as Found in the Words of Ralph Waldo Emerson*

Music:

1. J.S. Bach, Goldberg Variations performed by [Wanda Landowka](#)
2. Miles Davis, Kind of Blue