

Autumn Living Tao Essential Tai Ji Series — Session One (September 2026)
~ Study Materials ~



FALLING AUTUMN LEAVES, LETTING GO, NATURALLY RELEASING

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) Verses 29, 30, & 31; I Ching 易經 (Yi Jing); and Trust In Mind Xin Xin Ming 信心銘.*
- * **Related Calligraphy & Metaphors:** Fang (Release), Sho (Gather), Bian (Transformation/Metamorphosis), Tong (Through); The Sudden Enlightenment, Dun Wu 頓悟 SATORI, to see the LIGHT!
- * *Continued Articulation & Development of the Tai Ji Forms.*

The Sudden Enlightenment, Dun Wu 頓悟 SATORI, to see the LIGHT!



SHOU / Gather or Collect



FANG / Release or Letting

THE TAI JI RITUAL
(find details in previous study materials)

*Chungliang says:
Pay more attention to the release*

CHUNGLIANG SPEAKS ABOUT PRACTICE
Movement, Music And Meditation
(Speaking of composer Zoltan Kodaly)

"I love to move. My movement has chi (qi) flow. I'm in touch with the inner universe and the outer universe. I am within myself, and in touch with everything outside.

Music has a wonderful way to do that for us. When you listen to good music you rest. You enter the music and the music begins to penetrate so deeply in you, you become that individual moment of mediation.

Feel the music. Feel the energy. This is your individual moving meditation!...Allow the form to be who you are.



BIAN / Transformation or Metamorphosis



TONG / Coming Through

Lao Tzu, TAO TE CHING
Translated by Jonathan Star
Verses 29, 30, 31

Verse 29

Those who look down upon this world
 will surely take hold and try to change things
But this is a plan
 I've always seen fail
The world is Tao's own vessel
It is perfection manifest
It cannot be changed
It cannot be improved
For those who go on tampering, it's ruined
For those who try to grasp, it's gone

Allow your life to unfold naturally
Know that it too is a vessel of perfection
Just as you breathe in and breathe out
 Sometimes you're ahead and other times behind
 Sometimes you're strong and other times weak
 Sometimes you're with people and other times alone

To the Sage
 all of life is a movement toward perfection
So what need has he
 For the excessive, the extravagant, or the extreme?

Verse 30

Those who rule in accordance with Tao
 do not use force against the world
For that which is forced is likely to return—
Where armies settle
 Nature offers nothing but briars and thorns
After a great battle has been fought
 the land is cursed, the crops fail,
 the Earth lies stripped of its motherhood

A knower of the Truth does what is called for
 then stops
He uses his strength but does not force things
In the same way
 complete your task
 seek no reward
 make no claims
Without faltering
 fully choose to do what you must do
This is to live without forcing
 to overcome without conquering

Things that gain a place by force
 will flourish for a time
 but then fade away
They are not in keeping with Tao
Whatever is not in keeping with Tao
 will come to an early end

Verse 31

Even the finest warrior is defeated
 when he goes against natural law
By his own hand he is doomed
 and all creatures are likely to despise him

One who knows Tao
 never turns from life's calling
When at home he honors the side of rest
When at war he honors the side of action
Peace and tranquility are what he holds most dear
 so he does not obtain weapons
But when their use is unavoidable
 he employs them with fortitude and zeal

Do not flaunt your excellence
Do not rejoice over victory
With the loss of others
 weep with sorrow and grief
After winning a battle
 do not celebrate,
 observe the rites of a funeral
One who is bound to action, proud of victory,
 and delights in the misfortune of others
will never gain a thing
 from this world below Heaven

SUPPLEMENTAL REFERENCES

NEW MUSIC:

1. Johann Pachelbel, Canon in D
2. Zoltan Kodaly, Sonata for Solo Cello

