

Autumn Living Tao Essential Tai Ji Series — Session Two (October 2026)
~ Study Materials ~



A Study in Azure by Chen Zhongsen
FOUR OCEANS, ONE FAMILY
Si Hai Yi Jia (四海一家)

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) (Session One: Verses 29, 30, & 31);

I Ching 易經 (Yi Jing); and Trust In Mind Xin Xin Ming 信心銘; (Session Two: **Shan Shui Hua: Chinese Landscape Painting**); (Session Two: **Tang Dynasty Poetry**).

* **Related Calligraphy & Metaphors:** (Session One: Fang/Release, Sho/Gather, Bian/Transformation/Metamorphosis, Tong/Through); (Session One: The Sudden Enlightenment, Dun Wu 頓悟 SATORI, to see the LIGHT!) (Session Two: **Four Seas One Family**". 四海一家 si hai yi jia; The World can be Great as ONE". 世界大同 shi jie da tong).

* **Continued Articulation & Development of the Tai Ji Forms and Philosophy.**

SHAN SHUI HUA: CHINESE LANDSCAPE PAINTING



Shan / Mountain



Cliff Dwelling ~ by Chen Zhongsen



Shui / Water

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

Chungliang says:

It's not the look. It's how you feel within the body as you do your gesture. Otherwise the form becomes a thing that confines you...The form must allow you to go beyond the form as you practice.

HOW TO FIND NEWNESS WITH REPETITION



Chong / Repeating (again & again)



Xin / Become New



Fu / Turning Point / ReNew



Fan / Keep Coming Back

FOUR OCEANS, ONE FAMILY

Si Hai Yi Jia (四海一家)



Hai / Ocean

THE WORLD CAN BE GREAT AS ONE

Shi Jie Da Tong 世界大同



**Tong / Same / Equal
Da Tong / Great Same-ness**

Chen Zhongsen



Painter, Calligrapher & Micro-carver

Mountain Abode by Chen Zhongsen

Poem by 賈島 Jia Dao (Tang Dynasty)

松下問童子

Son 松 (pine) Xia 下 (under) Wen 問 (ask) tong 童 (youth) Zi 子 (child)
Yan 言 (says) Shi 師 (master/teacher) Cai 採 (gathering) Yao (medicine/herbs) Qu 去 (away)
Zhi 只 (only) Zai 在 (at) Ci 此 (this) Shan 山 (mountain) Zhong 中 (center)
Yun 雲 (cloud) Shen 深 (deep/dense) Bu 不 (not) Zhi 知 (know) Chu 處 (where)

Following the above direct Pinyin to English translations are various “poetic” translation into English.

Seeking the Master but not Meeting

I asked the boy beneath the pines
He said: the Master's gone alone
herb picking somewhere on the mount
cloud-hidden, whereabouts unknown
~Translated by Lin Yutang

*Beneath a pine I asked a little child
He said the Master went to gather herbs.
Alone was he upon this mountainside,
The clouds so deep he knew not where he was
~Translator Unknown*

Visiting the Absent Hermit

Beneath the pine-trees, I ask of a lad I see.
Away is the master gathering herbs, says he,
Somewhere in the mountain, where? I cannot tell,
For there the clouds are deep and dense as be.
~Translated by Andrew W.F. Wong

Failing to Find the Hermit

*Beneath the pine, I asked of the child.
“My master's gone for herbs grown wild;
He should just be in the mountain there,
Deep, way deep in the clouds somewhere
~Translated by Frank C. Yue*

SUPPLEMENTAL REFERENCES

NEW MUSIC:

1. Saint-Preux; Concerto pour une voix
<https://www.youtube.com/watch?v=YSiMMGaEai8&list=PL7DaMj8Bw08wrPJ7kSQ8B4lo9qKLUp-8H>



2. Israel IZ Ka'ano'i Kamakawiwo'ole; FACING FUTURE
(also called Braddah IZ or simply IZ, was a Native Hawaiian musician and singer)



Chinese Landscape Paintings:

- 16 of Chen Zhongsen's paintings have been donated to Living Tao by Weng Liang Huang and will be added to the Living Tao website this month.



Waterfall



Safe Harbor



Frost In Storm