Autumn Living Tao Essential Tai Ji Series — Session Three (November 2026)
~ Study Materials ~



"LESS IS MORE" 少多 (SHAO DUO) WISDOM 智慧 (ZHI HUI)

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); **(Session Three: "Less is More" 少多 (Shao Duo) Wisdom 智慧 (Zhi Hui).**

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

SHAN SHUI HUA: CHINESE LANDSCAPE PAINTING
(Reminder of background paintings)



Shan / Mountain



Cliff Dwelling ~ by Chen Zhongsen



Shui / Water

"LESS IS MORE" 少多 (SHAO DUO)



Duo / Much, Many **Shao / Less, Little, Small**

"I would like to use less effort to get more Chi"
~ Chungliang

WISDOM 智慧 (ZHI HUI)



Zhi / Go to the Center **Hui / Heart of the Matter**

"Allow the form to be more like a piece of clay
to mold it into the next vessel.
Your body is alive - to be molded,
not to be fixed."
~ Chungliang



Qing / Light



Song / Release, Let Loose



Piao / Floating (Riding the wind)



Ran / Naturally

"I'm not going to fix my form.
I'm going to let my form be free.
I'm going to have fun with Chungliang.
Less is more!"
~ Chungliang

EVERY DAY, PRACTICE IS NEW



Chong / Repeating, Again & Again

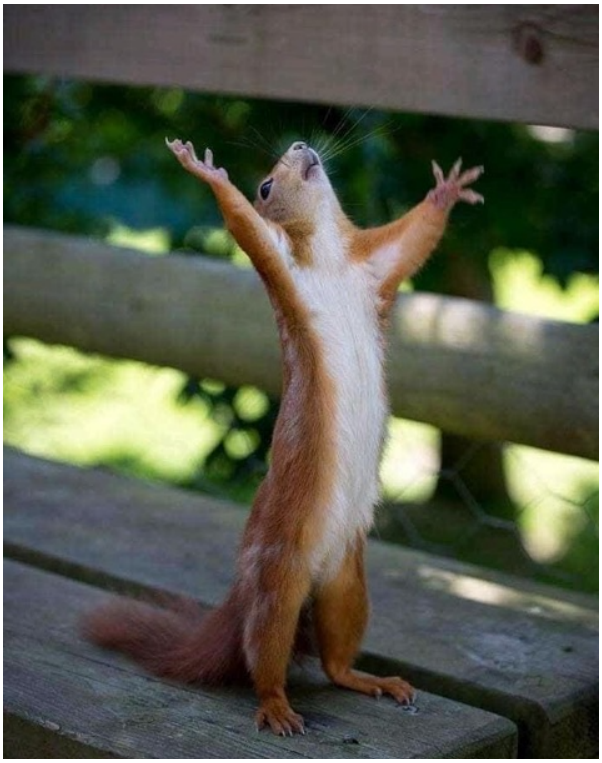


Fu / Turning Point / ReNew

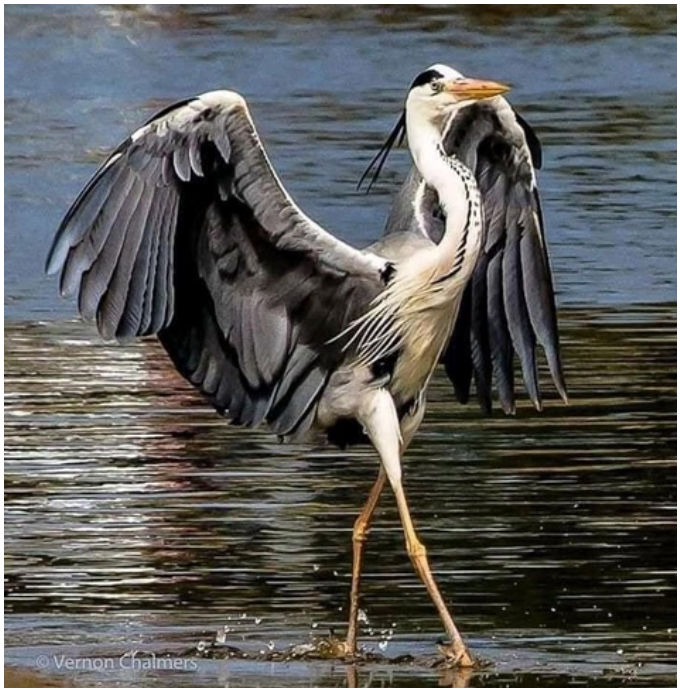


Xin / Become New

THE TAI JI RITUAL
(find details in previous study materials posted at Seminars/Study Materials)



FIVE MOVING FORCES OF NATURE AND CIRCLE MOTIFS
(find details in previous study materials posted at Seminars/Study Materials)



SUPPLEMENTAL REFERENCES

NEW MUSIC:

1. Gustav Mahler, Adagietto Symphony 5.
   ~ Leonard Bernstein
   https://www.google.com/search?client=safari&rls=en&q=bernstein+Mahler+adagietto&ie=UTF-8&oe=UTF-8#fpstate=ive&vld=cid:8a4d38d3,vid:Bj6KLv7kv2Q,st:0

   ~ Herbert von Karajan Berliner Philharmoniker
   https://www.youtube.com/watch?v=Les39aIKbz2.

2. Yo Yo Ma Silk Road Ensemble: Silk Road Journeys: Beyond The Horizon
   https://www.youtube.com/watch?v=oCqRcEDw440

   ~ *Silk Road Journeys: Beyond the Horizon* is a 2005 album featuring traditional and contemporary cross-cultural compositions inspired by the historic Silk Road

