

Suggested Reading for T'ai Chi

This is by no means an extensive, or exhaustive list of reading for and about T'ai Chi and some of the philosophy behind the art. I feel that it is however a good place for a beginner to start. If you want some light reading that gives some good insight to Taoism, then try *Taoism The Road to Immortality*. If you enjoy a good story I would highly recommend *Chronicles of Tao*.

Enjoy your reading!

Tim

➤ The Complete Works of Lao Tzu

By Hua-Ching Ni

Written around 500 B.C., the 'Tao Teh Ching' is one of the most frequently translated and most cherished works in the world. 'The Complete Works of Lao Tzu' by Hua-Ching Ni is a remarkable elucidation of the famed 'Tao Teh Ching', the core of Taoist philosophy and a bridge to the subtle truth as well as a practical guideline for natural and harmonious living. Poetic and beautifully realized, this volume contains one of the only written translations of the 'Hua Hu Ching.'

➤ The Essence of T'ai Chi Ch'uan the literary tradition

By Lo / Inn / Amancker / Foe

A handbook of the classical Chinese literature on which the art of t'ai chi is based. First English translation of the classic texts of T'ai Chi Ch'uan. This is required reading for practitioners of every style.

➤ Taoism The Road to Immortality

By John Blofeld

In this comprehensive study, John Blofeld explains the fundamental concepts of Taoism, tells many stories of ancient masters, and provides incisive reflections on Taoist verse. He writes in a colorful and unique way about his visits to Taoist hermitages in China and his interchanges with contemporary masters. Taoist yoga, a little known aspect of Taoist practice, is also discussed in detail. This book captures the spirit of the Tao, communicating the serenity and timeless wisdom of this tradition.

➤ Wandering On The Way early Taoist tale of Chang Tzu

By Victor H Mair

A contemporary translation remaining faithful to the original collection of tales, poems and parables of Taoist philosophy. The collection covers a wide range of issues, from ambition to politics, and is accompanied by an introduction on the author and his place in Chinese thought and history.

➤ Chronicles of Tao

By Deng-Ming Dao

An extraordinary spiritual odyssey of the making of the Taoist master Kwan Saihung. Born into a wealthy family in a remote province of China, Kwan defies his parents' wishes and enters into the rigorous and mysterious discipline of Taoist practice. Renamed "Little Butterfly" by his Taoist masters, he survives the upheaval of the Japanese occupation, and the later the Chinese Revolution, all the while becoming adept in the Taoist arts. Eventually his inner and outer journey lead him to America, where he becomes a Golden Gloves boxer and martial arts instructor. Part adventure, part parable, Chronicles of Tao travels through a labyrinth of enigmatic Taoist practice, martial arts discipline, and international adventure.

➤ T'ai Chi For Health and Self Defense

By T. T. Liang

This book addresses itself to the philosophy behind the system of movements and to many of the variations possible.

➤ Embrace Tiger Return To Mountain

By Chungliang Al Haung

Written with true passion and covering everything for those with an interest in Tai Ji want to know, Chungliang Al Huang's classic masterpiece, with a foreword on Taoist practice by Alan W. Watts, uncovers the origins and meanings of Tai Ji, interweaving instruction and practical guidelines with the theory and ancient thought that underpins it. Digging his legs into the earth and opening his arms out to the sky, the author gathers all his assets from outside and within, embracing his tiger and returning to his mountaintop, and in the process shares the experience with his reader, allowing them to do the same. The narrative is illustrated with calligraphy and photographs, and the book draws to a close with an exploration of Tao Te Ching, inviting the reader on a journey the author is still experiencing himself. This classic and timeless introduction is still essential reading for anybody interested in Tai Ji and Tao philosophy on 'Living Our Own Tao'.

➤ Secrets of The Tai Chi Circle

By Luke Chan

Follow the journey of the student as he learns the Secrets of the Tai Chi Circle for his enlightened Tai Chi Grandmaster, and you will find all of us, at one time or another, haunted by yesterday's failures, worried about tomorrow, and overwhelmed by today's problems. But the gentleness of this ancient story, like a mighty boat, will carry you safely through the deepest gorges and the dark valleys in your river of emotions. You will cry and you will laugh. Finally when you come out into the light, you will be a changed person. The joy of being alive will be yours now and forever.

➤ T'ai Chi Magazine

www.tai-chi.com 1-800-888-9119

This bimonthly magazine devotes itself to all disciplines of T'ai Chi.

Music in Class

➤ Marina Raye-----*Liquid Silk*

➤ Nawang Khechog-----*Sounds of Peace*

