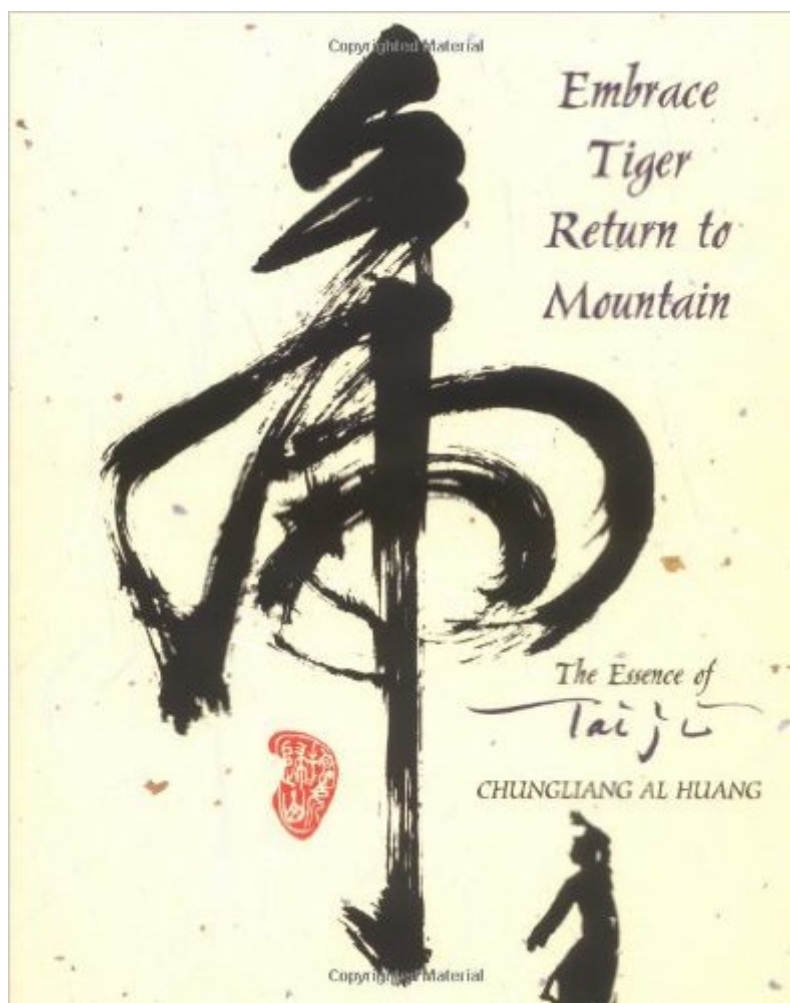


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# Embrace Tiger, Return To Mountain: The Essence Of Tai Ji



## Synopsis

The author writes in the introduction, "As always, the most important of my Tai Ji disciplines is to know when to stop the thinking words and start the dancing. My spirit takes my mindbody out to my garden and up to my roof studio, to dig my heels into the earth and to open my arms to the sky. I will gather and scoop in all my assets from outside and from within - I Embrace my Tiger and Return to my Mountaintop. I survey my panoramic vision and shout with my heart full of joy. I kick up my heels and soar. I feel just fine.....and so, dear readers, open any chapter and enjoy the beginning. There are no starting and ending numbers on the circle. Life's learnings are ever-expanding circles, always starting from the Center within. Happy reading and dancing...."

## Book Information

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## Customer Reviews

After reading the other reviews, I wanted to add that I can understand and appreciate the comments, both pro and con, based on reading the book alone. I have a relevant experience and perspective that I would like to share. Several years ago (in the late 90s) when I lived in California, I had the opportunity to attend a half-day seminar presented by the author. I had been practicing and teaching Taiji and Qigong since '93 when I learned that Al Chung-Liang Huang would be in Los Angeles. In the 70s, I had practiced Shotokan Karate while living in Ohio, so I had been studying and practicing both 'hard' and 'soft' martial arts for quite some time. What Mr. Huang brought to the party, as evidenced in the book *Embrace Tiger, Return to Mountain*, was as one reviewer put it, the essence of Taiji. He represented the inner warrior as artisan and philosopher, a sensing, intuitive

thinker, expressing his or her spiritual essence through energy movements, rooting and balance. The hidden paradox of Taiji, especially difficult for many action-oriented Westerners to internalize, is that the highest form of Taiji is no form, and the whole seminar embraced this concept. Bruce Lee also described his style of fighting as 'no form'. I remember Mr. Huang as a totally genuine, highly intelligent and compassionate man, effortlessly blending Eastern and Western cultures, due to his accomplished background in dance, music, philosophy and calligraphy. His smile beamed throughout the day and he seemed to possess more than enough high-spirited energy for each individual in the seminar, and there must have been more than 50 of us in attendance.

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