



Fung Loy Kok Institute of Taoism Taoist Tai Chi®







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All quotes in this book are from friends of Fung Loy Kok Institute of Taoism and Participants in the Taoist Tai Chi® arts around the world. Some language and trademarks in the quotes were updated to reflect our current usage.



Jade Emperor, Guanyin and Immortal Lü,
representing Confucianism, Buddhism and Taoism

Lord Lao said:

*The perfect and eternal Tao is naturally attained by those who awaken to it.
To awaken to the Tao, be constantly clear and still.*

– The Scripture of Clarity and Stillness



蓬萊閣™

The purposes of Fung Loy Kok Institute of Taoism:

- To establish, maintain and conduct Taoist temples and shrines following the teachings of the Taoist religion and to carry on the teachings and practices of the Taoist religion;
- To conduct public or private meetings of a religious nature such as religious services;
- To establish, maintain and conduct classes on Taoist philosophy and religion, and related subjects, for the education of the general public; and
- To promote awareness and understanding of Taoist philosophy and Chinese culture.



Master Moy Lin Shin

1931-1998

**Founder of Fung Loy Kok Institute of Taoism
Taoist Tai Chi®**



Greetings from the Board of Directors of Fung Loy Kok Institute of Taoism

At this moment of celebrating 50 years of sharing Taoist practice and teachings of Master Moy, it is a privilege to bring greetings from the Board of *Fung Loy Kok Institute of Taoism*. We feel sincere gratitude that Master Moy came to North America from Hong Kong in 1970 to bring Taoism to the West. At that time Taoism and the Taoist practices were unknown and not widely shared with all who wished to learn.

Master Moy, deeply thankful to the Taoist arts that resulted in his recovery from serious illness, vowed to Guanyin, the Goddess of Compassion, that he would share these Taoist arts with all who wished to learn. With little English, he immigrated to Canada and began to teach and share the Taoist practices and teachings. Many people experienced profound health benefits by following these practices. He opened temples and shrines throughout Canada and created a non-profit, charitable, volunteer organisation that would continue what he started when he was no longer with us. Master Moy passed away in 1998.

For current Directors and past Directors it has been a journey to follow and practice these arts that help one to change oneself into a better person. It has also been a privilege to be part of helping to see that these profound teachings and practices continue when we are gone. Master Moy often said that it was not about him but about continuing the Taoist teachings and practice for generations to come.

The quietness and stillness we experience when we practice the movements together in our *Taoist Tai Chi*® practice is profound.

We look forward to more opportunities to help and to pass on what we have learned to the next generation and to generations to come.

Sincerely

Marsha Eberhardt
President
Fung Loy Kok Institute of Taoism
January 2020



Directors and leaders meet during the 2019 Continuing Instructor Training Week at the International Centre, near Mono Mills in Ontario, Canada



Guanyin, the Bodhisattva of Compassion –
the One who hears the Cries of the World

“

*[Master Moy] had great foresight ...
he said that when we plan, we should be planning
for a thousand years in the future.*

– John B

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A Vision for 1000 Years

Master Moy Lin Shin, our founder, dedicated himself to sharing the rich tradition of Taoism in a way that could be readily understood. He wove together Taoist practices and arts to give us a practical method for achieving the internal alchemical transformation described in the Taoist scriptures. He laid out a path that would help us both cultivate ourselves as individuals and guide us in building a strong organisation that could reach out to help people all over the world for generations to come.

In 1970, Master Moy arrived in Canada from Hong Kong, carrying with him just a suitcase along with his deep knowledge from long Taoist training and a vow to help others by making the Taoist arts available to all who wished to learn.

Within a week of his arrival he began teaching a few students in a park in Toronto. For a while he travelled by bus on a weekly basis to Montreal to teach classes there. He would take the noon bus, which he paid for himself, arrive in Montreal at 6pm, teach from 7pm to 10pm, then catch the midnight bus back to Toronto where he had to work the next day. He took on jobs such as sweeping floors, cooking and tailoring to pay the rent. His life was an example of dedication.

Now 50 years after Master Moy arrived in Canada, *Fung Loy Kok Institute of Taoism*, the volunteer charitable organisation he founded, practises the Taoist tradition and *Taoist Tai Chi*® arts in more than 370 locations across Canada and in affiliated organisations in 26 countries.

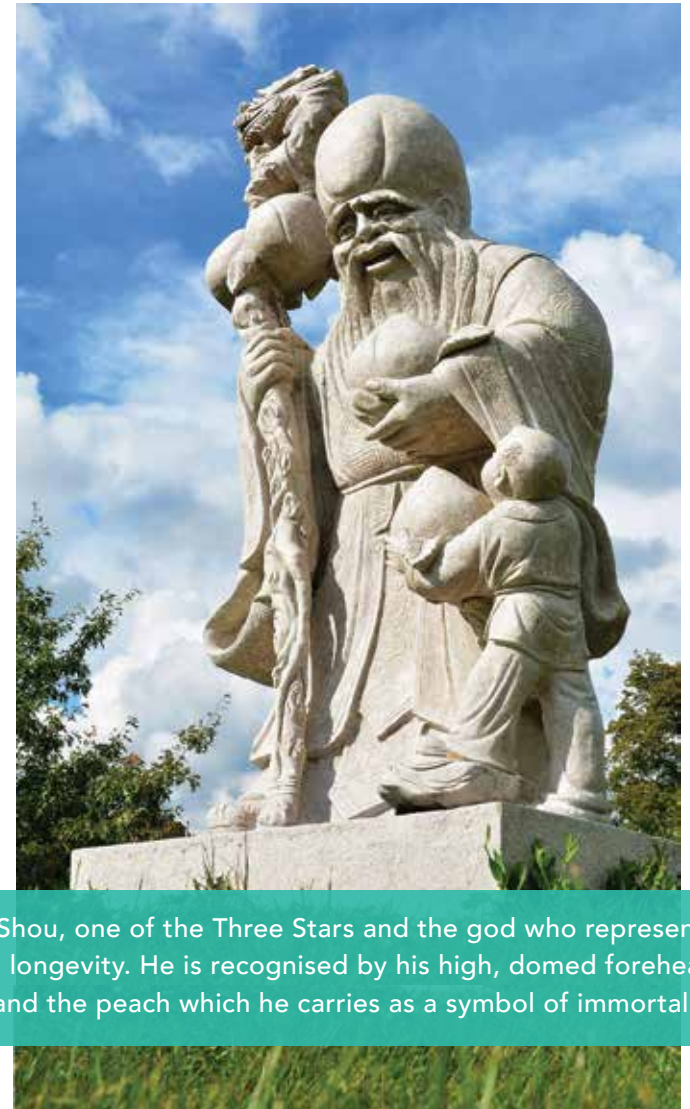
Nearly 35,000 people practise the *Taoist Tai Chi*® arts worldwide. We opened our first International Centre, near Toronto, in Ontario, Canada, in 1984. There is now a second affiliated International Center in Dunedin, Florida, United States, which opened in 2018, and four affiliated regional centres in Great Britain, Spain, the Netherlands and Australia.

Over the past 50 years, under Master Moy's direction and after his passing in 1998, we have continued to develop our understanding of the Taoist arts and the Taoist tradition that are the roots of our organisation. As participants, we are given the opportunity to follow a path of transformation which includes taming our hearts and harmonising our body, mind and spirit through training in the Taoist arts, providing service to others, rituals and ceremonies, and donating our time and financial resources to support the activities of *Fung Loy Kok Institute of Taoism*.

There are many participants who did not get the chance to meet Master Moy directly but who can see his heart in the legacy that he left. By working together from this strong foundation we continue to grow, develop and plan for the future. Upcoming projects include developing Taoist aging-in-place housing for seniors and a long-term care facility which will help us to fulfill Master Moy's vision.

In the teachings of the Taoist philosophy caring for people at the end of their life is an important principle.

We are grateful for our first 50 years, and know that we will work hard to follow the path Master Moy showed us.



Shou, one of the Three Stars and the god who represents longevity. He is recognised by his high, domed forehead and the peach which he carries as a symbol of immortality.



Lok Hup Ba Fa – Six Harmonies and Eight Methods – commonly known as Lok Hup. Master Moy established the Gei Pang Lok Hup Academy under the umbrella of Fung Loy Kok Institute of Taoism in memory of his teacher Master Leung.



An International Awareness Day celebrated by participants from around the world in downtown Toronto



Taoist Tai Chi® arts can be practiced seated as well as standing – making the health benefits available to all – and in any space. They are a treasure people can carry with them always and anywhere.



The Temple of Three Religions – Confucianism, Buddhism and Taoism

Tenth Anniversary of the Grand Opening of the Three Religions Temple at the International Centre near Orangeville in 2017



Taoist Tai Chi® arts are the cultivation of stillness. But in cultivating stillness, it is cultivating wisdom.



Feeding the people at the International Centre – an integral part of the training



The groundbreaking ceremony for the Quiet Cultivation Centre at the International Centre near Orangeville in 2001. Pouring rain subsided for the ceremony, and then there was an incredible single thunder clap at the moment of the reading of the Petition to Heaven.



Grand Opening of the Southwest Centre in Stratford, Ontario, in 2011



Finding the Path

The Practice of the Taoist Arts

People come from across Canada and the affiliated organisations in 25 countries to train at our International Centre in Ontario, helping to spread Taoism and the *Taoist Tai Chi*® arts throughout the world. People walk in our door for a variety of reasons but they stay because it works. Those who practise these Taoist arts of transformation have received amazing benefits to their lives.

“It feels like I have control of my body and mind, possibly for the first time ever; during *Taoist Tai Chi*® practice and Lok Hup Ba Fa practice I can now feel the strength and even power of the spine. The rotation and structural relaxation within my body feels miraculous given the severity of the spinal fractures.”

– Philomena P

34,425 participants of the Taoist arts in **26** countries are taught by **2592** volunteer instructors, with endless hours of practising together.





“It was very nice today (a woman) who has been dealing with Parkinson’s for 33 years came by to say hi. Master Moy worked with her a lot. And I said to her that just seeing her reflects back something of Master Moy to us. But she said you know that she is a living example of *Taoist Tai Chi*[®] practice being very beneficial without necessarily performing it all that well. “My Brush Knees are terrible,” she says. But they allow her to be mobile. She said that amongst almost 6000 people that are in a [long-term] Parkinson’s study, she is in the top 20 of having lived with Parkinson’s the longest, and still living independently. That’s pretty amazing.”

– Sean D



“It was the obvious grace and stillness of the 108 moves that first drew me to a beginner class. At the time, I was struggling to keep up with a stressful life that was very dear to me – a life of intense engagement with rural family practice and with my own extended family.

Further, the endeavour requires patience - a willingness to give our awareness of the body time to develop and the mind time to settle. For most of us, this unfolds over many years. Patterns of posture, movement and thinking gradually shift. Areas of weakness or tightness, and troubles with connections between spine, pelvis and lower limbs, slowly alter. Difficulties of the mind and spirit sort themselves out.

We move forward by making discoveries from our own practice, by learning from the instructors who watch over and guide us, and by teaching. Too little of one weakens the impact of the others. Each of us needs to look for the right balance – a balance that shifts as we go along.

– Dr. Bruce M



ANNOUNCEMENT FROM MASTER MOY

May 11, 1984

Master Moy said:

"We are not learning Tai Chi Chuan, or the Tai Chi Boxing Set; we are learning Tai Chi, the Grand Ultimate. The Yin and Yang Tai Chi symbol contains the Universe and explains its functionings. Similarly, the 108 moves of the Taoist Tai Chi® practice reflect the Universe in our bodies, and can enhance the working of this Universe within."

It is this legacy that Master Moy wants us to learn and pass on to future generations. To gain this knowledge demands great personal effort and determination and requires a regular contact with the teacher, Master Moy, during his life and now with the leadership of *Fung Loy Kok Institute of Taoism*.

This is truly a path of personal transformation.

“At D’Arcy Street the Health Recovery Program was happening in front of me, but it was not called that, there was no name for it, for what Master Moy was doing. He was accepting all these people into his home and the temple. People were coming in with a whole variety of challenges, ranging from mental health issues, all the way to life-threatening cancer in young people, Parkinson’s disease in young people, to addiction issues. Seniors who were lonely, where the spouses had died, and they did not know what to do with their time. Master Moy was finding them something to do.

Looking after everybody, making sure people were fed. Making sure people were feeling that they were part of this place and that they were not alone. Giving people corrections. Giving people something to think about in their life, to give it more meaning or substance.”

– Mary B



The Grand Opening of the Health Recovery wing at the International Centre near Orangeville in 1997.

“

I remember going to one health recovery week where we didn’t talk about the Society at all. So people just talked about themselves and their worries, which wasn’t helpful.

For me, having this sense of this bigger thing helps me get out of my own mind. At health recovery, yes people were sick, but we were all just working on getting better. It’s the best kind of support group because it’s focused on moving forward, not dwelling on what’s wrong ... That’s really profound.

– Sam A

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I'll tell you my sewing, my tailor story... an illustration of Master Moy. He had a wonderful sense of humour but he also had a way of kind of getting to the heart of you and giving you corrections that sometimes were not easy, whether they were physical or about your character. One day I was up here at Orangeville and I was sewing a flag that had gotten ripped and ... he was sitting across the lobby from me and he said, no good. He said, thread too short. So he cut me this really long thread and he showed me the stitching. And of course the stitching was you pick up your thread and then you extend your arm and ... it looked like Parting Wild Horse's Mane, and he got this smile on his face and he said, how do you feel? And I just laughed and I said yes I understand, Parting Wild Horse's Mane. He had this wonderful way of sometimes giving you those lessons that were so practical but that helped you see that the tai chi was also connected to things that you did in your every-day life.

– Karen L



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“My tendons and ligaments became longer. My muscles became soft and relaxed, yet strong ... With my medication and Taoist Tai Chi® arts, the symptoms of my condition lost their grip on me, became less severe, even with ageing. This makes living with Parkinson's more manageable to this day.”

– Assunta S

信心
誠心
恆心

Trust
Sincerity
Dedication

– Master Moy Lin Shin

Internal Memo – March 1995

Mr. Moy says that many instructors in Toronto come to his workshops but they have no understanding about education. He says that there are four aspects to a person's education:

1. **Education in ethics or the virtues:** becoming a better person – this includes learning about courtesy and, most importantly, learning to respect ourselves and others. For example, Mr. Moy's teachings on Chinese culture and etiquette.
2. **Education in wisdom:** learning from other people's experience and knowledge. For example, asking someone with a physical problem to talk about his/her experience, and watching how Mr. Moy corrects someone.
3. **Education in health:** learning to take care of our own body. This goes beyond *Taoist Tai Chi*® practice – it usually includes changes in our daily life.
4. **Education in civic consciousness:** learning to be a contributing member of society; becoming less selfish.

Mr. Moy says that most instructors don't even know what they are learning when they come to classes and workshops. How can they prepare themselves to become educators in the Society. Without understanding these four aspects of education, they will not be able to teach from their heart, and will not be able to help others in need, such as Seniors or those with health problems.

“

Very early on I noticed Taoist Tai Chi® practice gave me a sense of resilience and buoyancy in my ability to handle everyday life ups and downs and stresses. I think tai chi has helped me to sink into being in the present but also re-evaluating my priorities ... focusing on my own health and having genuine connections with other people, too.

– Genevieve R

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Volunteering

We have a culture of giving, volunteering and service to others, and we help *Fung Loy Kok Institute of Taoism* financially with a tradition of supporting all that we do with donations. The Eight Virtues and personal experience show us that these opportunities to volunteer and help are a gift to develop our hearts, health, and character. Every moment is training and development in our characters.



From the very first day of our practice we begin to volunteer and learn how to do all the tasks. Looking after ourselves so we can help others extends to every facet and level of our practice

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Being asked to help was really great. Otherwise it's so easy to be introspective and navel-gazing and worrying, but when you're looking out and helping other people ... I'm really convinced that's part of what helped me - Helped give me the strength and fortitude and helped me from wallowing [in my illness].

– Sam A

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34,425 participants of *Fung Loy Kok Institute of Taoism* and its worldwide affiliates volunteer **60,242** hours every month around the world.



Volunteers help in the gardens of the 104-acre International Centre. Master Moy wanted the property to be a park that the public could visit, and many people have worked over many years to make this a reality. The Centre is open to the public seven days a week.

"One really strong lesson was Master Moy talking about how to show respect for the volunteers at the Centre. Master Moy was not feeling well, and someone had made him a large pot of soup. I had been outside cutting grass on a hot day. Master Moy poured me this soup and said: 'I want you to have it because it will help you with how you feel.' It was such a wonderful, compassionate gesture. And then he talked about how to demonstrate in very practical ways appreciation for people when they volunteer. For example, he said you should make sure that when we are going to have a meal, walk out to them 15 to 20 minutes beforehand and tell them, why don't you start to get cleaned up. Make sure there is a place set aside for them to have food and that they get served, and there is enough for them. He demonstrated that to me and then he proceeded to say 'OK, these are the kinds of steps you can take; a simple, kind gesture but one that demonstrates that you're thinking about others'."

– John B

“

It happened to me once at Orangeville where I walked in and he [Master Moy] was cleaning the toilets. I just stopped and he was on his hands and knees cleaning it and I didn't say anything, but it just touched you and I understood better how the organisation worked ... he saw what needed to be done and he did it.

– Joe K

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“ One of the greatest benefits is to volunteer and help ... It wasn't just one aspect of Taoist Tai Chi® that improved my health, it was the people around me and the concept of compassion, volunteering and support among the participants of the organisation as a whole that changed my health.

– Joan D



The Grand Opening of the D'Arcy St Temple and Head Office in Toronto in 1995. Volunteers have been helping Feed the Homeless each week for 25 years at this location, providing approximately 130,000 meals. Jai (vegetarian food) is also served at D'Arcy St every 1st and 15th lunar day on the Chinese calendar. This is another gift to the community, along with the chanting of Sutras in the Temple on the top floor.



“ I was the person responsible for burning paper money for people at All Souls Festival and as they handed me their bags with so much respect, I noticed how deep and fulfilling this task was to connect the living right beside me to those that I cannot see on the other side. It just became something very profound. — Jesse J ”

Although our main charitable activity is promoting Taoism and the Taoist Tai Chi® arts, from time to time we raise funds to support people who are suffering during a catastrophic event.

Fung Loy Kok Institute of Taoism participants volunteer their time and they support FLK through their activities. Donations are part of the culture in all the countries where there are affiliates of *Fung Loy Kok Institute of Taoism* who practise the *Taoist Tai Chi®* arts.



“

Part of my experience this year was spending time in the kitchen. I was so impressed with the skill of our cooks but even more so with their helpfulness and camaraderie in the kitchen. Everyone supported everyone else. This made for a very positive atmosphere. Even when fate presented a power outage to the cooks the afternoon before the Awareness Day banquet, discussion started, decisions were made, and changes put in place to deal with this obstacle. It was a demonstration of flexibility in action.

– Sean M

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“Initially there was just two of us here [at the International Centre] fulltime. There wasn't the same level of engagement from the participants that came for the program; it wasn't in the culture. For example, we would go and strip all of the beds. We had to do all the laundry. We would have to do all of the dishes after everything. The clean-up was usually a week. But it was just part of the learning process. You learned all of the things that had to be done. Master Moy said, 'You need to teach that to other people, so that you are not the only one who knows it.' Again, that's part of our culture, it's not dependent on one person. From the beginning it was: once you learn it, you engage others in this whole task.”

– John B



78% of more than **11,000** participant respondents in an International Health Survey in 2016-2017 reported that *Taoist Tai Chi*® practice had affected their **social situation** – making new friends, providing a sense of community and a sense of purpose, were less isolated and shared more meals with people.

Taoist Community

The essence of the practice is to cultivate harmony within and with the world. Everything we do is cultivating ourselves with this practice. This leads to better health for all and the Universe. Social connection is an essential part of health and in *Fung Loy Kok Institute of Taoism*, we very consciously facilitate these connections and practise these virtues that are in the Taoist scriptures that we chant.

There are many opportunities to work together, whether it is practicing the set, chanting, cleaning or performing administration. We gather to eat at local potlucks and at banquets for special occasions. Being known, learning and feeling useful all help fight isolation and contribute to health in a profound manner.

86% said their **mental health** was **better** – improved mood, concentration, emotional strength and sleep quality, decreased anxiety, fewer doctor consultations and better response to prescribed therapies.



Fung Loy Kok Institute of Taoism celebrates banquets and jai festivals at our International Centre in Ontario and throughout Canada – Chinese New Year, Lantern Festival, Spring Blossom, Mother’s Day, Autumn Moon and the Holiday Season Banquet.

Mother’s Day – A Day of Appreciation

Some people say that a mother’s job is the most important in the world. Besides caring for and protecting her children, she passes on to them a sense of security and self-worth. She teaches them values and morals. She shows them how to function in society, to be responsible, considerate and self-sufficient.

To a large extent the way we see ourselves, the way we interact with others, the people we are today is a reflection of the work of our mothers and the work of our organisation. For these and countless other reasons we take the time on Mother’s Day to stop and give our thanks for the teaching.





“Now that Mr Moy has retired, he says he should look after his own kind – seniors. He is encouraging members to visit seniors at home to assist them with housekeeping and grocery shopping. He is continuing to work towards procuring a wheelchair transport vehicle to provide better service to the aged and handicapped.”

– Letter from Taoist Tai Chi Society of Canada in Gratitude of Master Moy’s Twenty-five years of Leadership and Contribution

Master Moy established a Golden Age Division and set us the responsibility of looking after the seniors in our community. Seniors remain an important part of *Fung Loy Kok Institute of Taoism*, with many helping strengthen our society while they also find a sense of community and support through *Taoist Tai Chi®* practice. Seniors Weeks are held regularly in Canada and we also celebrate an International Seniors Day each year.

In 2017, we joined together with affiliates around the world as seniors shared their stories in a webinar on the same day as the United Nations International Day for Older Persons.





An International Awareness Day in Yonge-Dundas Square, Toronto. This annual event began with just a small group but grew in to gatherings of hundreds of people.

“Rekindling friendships and making new ones is something I look forward to each year ... It is amazing how we can all come together from different countries and cultures in our common passion for Taoist Tai Chi® arts. I find that each year the bonds strengthen with time to talk at tea breaks and meals together.”

– Dawna K

“We [a group of participants from a small city two hours’ north of Toronto] all went to Awareness Day at Nathan Philips Square in Toronto. I could not believe the masses. There were people from all over the world, standing up and saying where they were from in different languages. I remember feeling a sense of complete awe, looking at all these people. We were all in the same T-shirt. And we were all doing the same beautiful set of Taoist Tai Chi® practice in silence together. It was a rainy day, but we were still marching in the parade and it was so much fun! I was 30 and I was so enlivened. There were drums, bagpipes, and a police motorcycle show. It was fun and joyous! I thought to myself, ‘I am not feeling at all sick! I am just so happy to be here, to be with this group of people that are truly contagious in their enthusiasm and spirit!’ It was catchy, and it lifted me out of myself.”

– Mary B



Fung Loy Kok Institute of Taoism operates with a belief system that teaches compassion and respect for other human beings. It has opened me up to a world different from the one I knew. Through the teachings of Master Moy, I have learned to be a better human being and I am not alone. Every participant in the organisation is learning to be better human beings and in doing so has created a community of caring and giving individuals who practise compassion and kindness.

– Lisa D



Awareness Day Celebration for 40th Anniversary of the affiliate of Fung Loy Kok Institute of Taoism in Colchester, UK

*If the human heart is not tamed,
then it will not be pure.
An impure or untamed heart
is like threads which are tangled.
If the threads are not tended,
they will be knotted.
Likewise an untamed heart
is like an old mirror.
If you do not polish it,
the mirror will not be bright.
An uncultivated heart
is like a wild horse.
If you do not tame it,
it will be of no use.
If the heart is cultivated, then
heaven and earth will be pure.*

– Excerpt from Immortal Lü's
Sutra on Taming the Heart



Laozi, a philosopher of ancient China, developed the concept of 'Tao', often translated as 'the Way'

“ They are all certainly spiritual arts. At the same time, they are practical and natural. An important aspect of Taoism is how it teaches us to get closer and closer to our original nature of harmony with the Tao in everything we do. The Taoist expression 'Walking, standing, sitting, sleeping' reflects this principle, meaning that we aim to be in harmony at all times in everything we do.

– Jim N

Meditation [walking, standing, sitting, sleeping], Rituals and Chanting

Taoism - a rich tradition of teachings dating back five thousand years - is the foundation of all that we do. Along with Buddhism and Confucianism, it is traditionally recognised as one of the Three Religions of China. The unified teachings of these religions are observed by *Fung Loy Kok Institute of Taoism*.

Taoism is a path to ultimate transformation, leading to harmony within ourselves, with those around us, with the world, and with the Tao, the source and Way of all things.

It teaches that the path of harmony includes body, mind and spirit, and that to return to our original nature is to help others. Service to others allows us to relieve our minds of agitation caused by attachment to gain and loss and to our own narrow perspectives. Over time, as our minds become clearer and our bodies become healthier, we become ever more able to practise compassion towards others and be helpful to those in the world around us. In the end, the meaning of life is to help others.



Sitting and standing meditation in the Practice Hall at the International Centre

Master Moy spoke on occasion about the traditional Chinese views on the five viscera, and their corresponding elements and virtues. The five viscera are the liver, heart, lungs, kidneys and spleen. Each one has a corresponding element and virtue: the liver is wood and is associated with the virtue of kindness; the heart is fire and its virtue is self-sacrifice; the lungs are metal and represent propriety; the kidneys are water and associated with wisdom; and the spleen is earth and related to trustworthiness. The essence of what Master Moy said was that you can actually cultivate your internals and improve your health by cultivating each of the five virtues associated with those internal organs.

– Excerpt from *A Path of Dual Cultivation, Teachings of the Fung Loy Kok Institute of Taoism*



Taoist chanting in the Three Religions Temple at the International Centre

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Chanting in such a large group [at CIT Week] was a very different experience for me. I loved the harmonious feeling that was generated by over 600 participants all coming together and moving in rhythm. I felt differences faded, connections were strengthened, peace was created, and every face was smiling at the finish! It was a very non-threatening, anxiety-free way to introduce chanting to many who had always avoided participating, were worried they couldn't possibly keep up, or came from small centres with little or no chanting offered. Truly lovely.

– Barbara T

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Rapidly changing technology inundates today's world with material comfort. The temptation of wealth, fame and social status pervade the modern lifestyle, making it easy to lose all sense of the true self. Many people's lives are empty and without direction. Depressed and sinking deeper and deeper into a world of sensory gratification, they can find no way out. *Fung Loy Kok Institute of Taoism*, by opening temples and making its teaching available to all, promotes the wisdom of Confucianism, Buddhism and Taoism, with the goal of delivering all from suffering:

***The Pa Kua furnace swallows the four directions.
The Yin Yang cauldron moulds the three elements.
The five elements in harmony achieve the nine.
The Way of Earlier Heaven illuminates the Void.***

***Teach the Source in foreign lands.
And the profound principle will be understood across the four seas.
Be a model for the Taoism in this world.
And the true principles will guide a thousand clans.***

Excerpt from *Fung Loy Kok Institute of Taoism Mission Statement*
Dictated by Mui, Ming-Do





Fung Loy Kok Institute of Taoism's tradition

of the unified teachings of Three Religions – Confucianism, Buddhism and Taoism – is practised around the world through the Taoist internal arts that we teach. We have temples, shrines and tables in most of our permanent locations. The Three Religions Temple at the International Centre near Orangeville is the largest Taoist temple in North America.



Dau mo, the deity of the stars and constellations



The altar at Chi Wo Tan Temple at the International Centre



The Three Religions Temple where chanting is practiced daily, and rituals and ceremonies are observed

Our newest temple, for the Immortal Wong Dai Sin, is another gift to the community and a way to spread his spirit of compassion, sincerity and perseverance. By paying respect to Wong Dai Sin, we invoke the spiritual power associated with him to bring blessings to the world and to our lives.

The temple, in Markham (part of Toronto), Ontario, Canada, is a striking example of the melding of tradition and modern architecture and won the prestigious Governor General's Award for Architecture in 2016.





The Eight Virtues

A line in the Sage Emperor Guan's Book of Enlightenment says that it is through these Virtues that we become fully human.

Filial Piety: Reverence and loving care of our parents – teachers – elders

Sibling Harmony: To live at peace as brothers and sisters – Respectful of others

Dedication: Loyalty – Faithfulness – Commitment

Trustworthiness: Sincerity – Honesty – Keeping one's promises

Propriety: Courtesy – Politeness – Decorum – Manners

Sacrifice: Courage to do what is right – Purity of heart and purpose – Selflessness

Honour: Integrity – Incorruptible – Taking only what you deserve, having earned it

Sense of Shame: Conscientious – Cognisant of shameful action and avoiding it

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Virtue in the Taoist and Confucian sense represents not only something you do, but something you work to build in yourself and something into which you aim to transform yourself. So, while they can appear to be a system of rules to follow, they also represent a way to measure one's self and how one acts and responds in the world ...

Ultimately, Taoism is an oral tradition. It does not reside in texts and cannot be learned by reading. It is a living path that can only be transmitted from teacher to student. The relationship between teacher, student and fellow practitioners is extremely important in helping those who wish to learn break through their own illusions and narrow perspectives. This helps them become open to discovering things that are often extremely subtle and difficult to find on one's own.

The Eight Virtues help us learn what to focus on in these relationships and also to develop qualities of character that are necessary to be able to learn the Taoist arts of transformation. Indeed, everything in the temple and in the entire tradition is best seen this way: as a tool that is used to help practitioners transform themselves. In the end, the Tao cannot be conceived of or expressed with words. However, in order to move towards it we need to use all the tools at our disposal.

– Jim N

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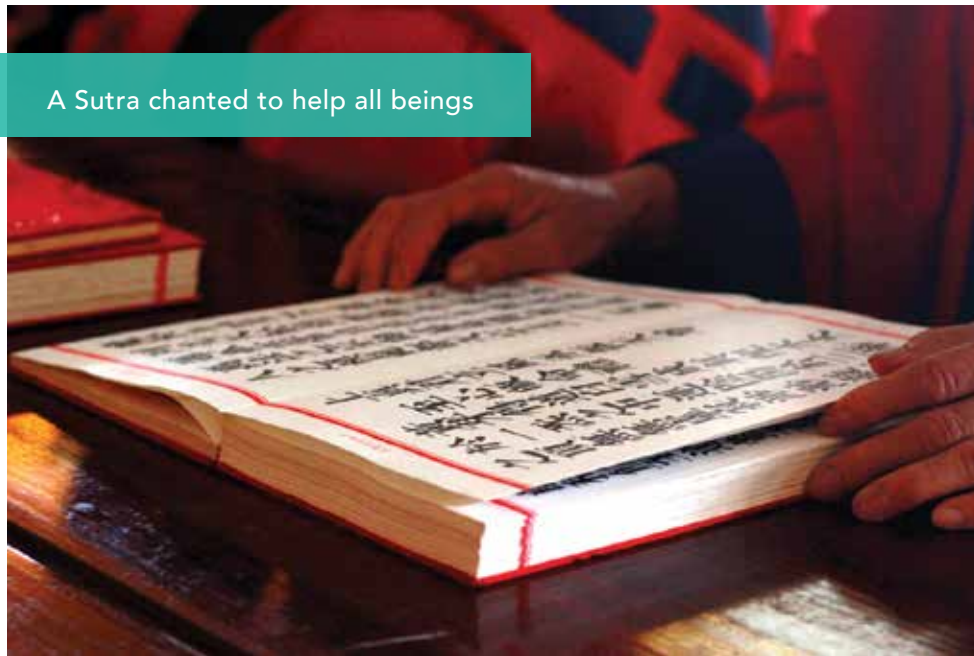
A participant who met Master Moy just one time asked him what Tai Chi was all about. He said that up until the age of 40 it is teaching us how to live. After the age of 40, it is teaching us how to die.

– Chris L

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A Taoist ceremony at Wong Dai Sin Temple



A Sutra chanted to help all beings

“There are many different texts that can be chanted ... They invoke the power of the teachings and of Taoist training in its many forms. However, the physical sounds, processes and procedures are equally as important. The ceremonies themselves are a form of physical training and meditation that lead to transformation of mind, body and spirit. Although robes are not always used, they invoke the power of the Tao (for example, some of them include trigrams from the Yijing, patterns of yin and yang). They also help all concerned understand the important and special nature of what they are doing. Not representing themselves and their own personal inclinations, but instead participating in the teachings of a valuable and powerful tradition.”

– Jim N



All Souls Festival is observed by *Fung Loy Kok Institute of Taoism* across Canada and by affiliates around the world in the seventh lunar month. The souls of the deceased are comforted by the burning of incense sticks, paper money, paper clothes and the food offerings at the altar. We practice filial piety, sibling harmony, and dedication (loyalty) by honouring our ancestors, departed relatives and friends. It is also a time to show charity to the lost and hungry ghosts. There is a Chinese saying that ‘when the dead are at peace, then the living shall prosper’. By honouring and aiding the dead during the All Souls Festival, we hope that Heaven will also bestow blessings on us and reduce the suffering in this world.



Temporary plaques in the D'Arcy St Memorial Hall during All Souls Festival. These souls are specifically invited to hear the Sutras being chanted to help them in the afterlife.



Chanters prepare to burn bags of money for the deceased at the International Centre.



The Columbarium at the Centre. It is tended daily and is part of Master Moy's guidance to look after the dead.



The Three Pure Ones. “The Way gave birth to the One; The One gave birth to the Two; The Two gave birth to the Three; And the Three gave birth to the ten thousand things.”

– Dao De Jing

Administration and Governance

Master Moy developed an infrastructure to hold and protect the training for future generations, and taught us the importance of attention to every detail, particularly with finances. *Fung Loy Kok Institute of Taoism's* Directors give guidance and set our direction, while volunteers ensure the smooth running of our organisation and its worldwide affiliates - organising instructors, hall rentals, noticeboards, tea, social occasions, public demonstrations, and banking and recording transactions. It's not just what we do, but how we do it.

The Great Learning

(An excerpt from a key Confucian text chanted regularly at All Souls ceremonies)

The ancients, wishing to illuminate radiant virtue in the entire world, first regulated their states.

Wishing to regulate their states, they first ordered their families.

Wishing to order their families, they first cultivated themselves.

Wishing to cultivate themselves, they first tamed their hearts.

Wishing to tame their hearts, they first made their intentions sincere.

Wishing to make their intentions sincere, they first extended their understanding.

The extension of understanding lies in the investigation of things.

Things having been investigated, understanding is extended.

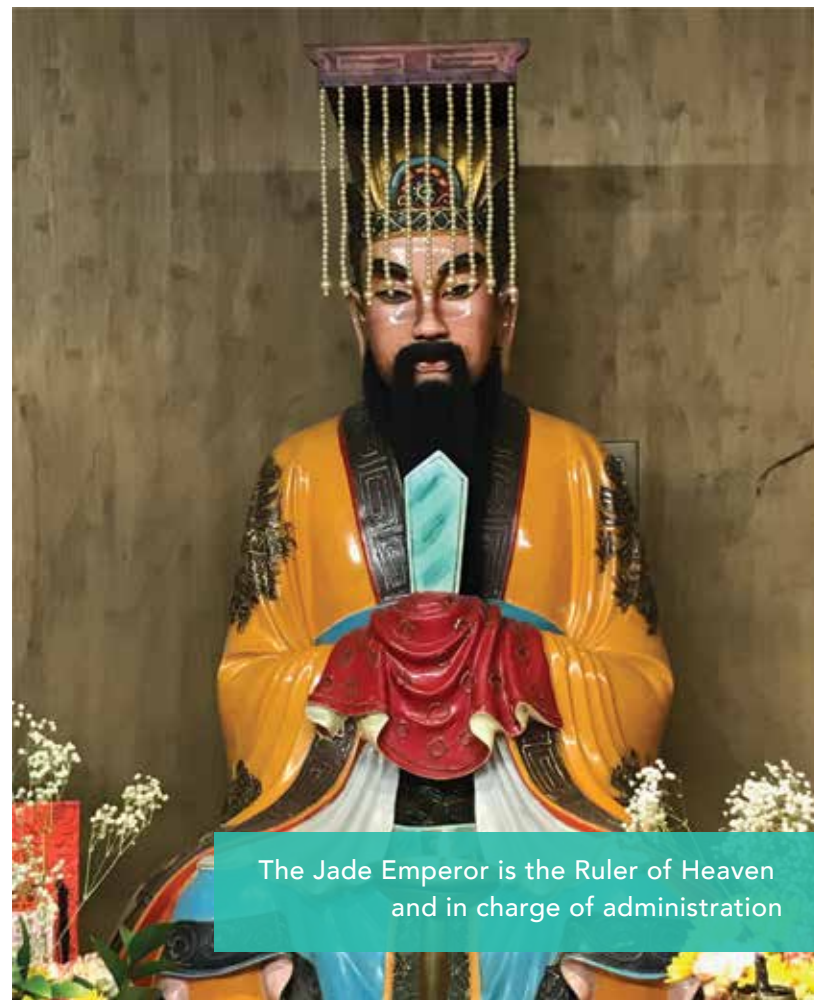
Understanding having been extended, the intention is made sincere.

The intention having been made sincere, the heart is tamed.

The heart having been tamed, the self is cultivated.

The self having been cultivated, the family is ordered.

The family having been ordered, the state is regulated.



The Jade Emperor is the Ruler of Heaven and in charge of administration



An administration meeting – branch councils and instructors meet regularly to keep the organisation growing and running smoothly

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It's having instruction in the Taoist Tai Chi® practice which is done together with the group. We all have to give up a little bit of ourselves, our own timing and pace, our own sense of what we think it is or should be. We have to give that up a little bit but also become more aware of being in harmony with the group. That's clearly the setup of the tai chi and it is really nothing different in administration or in the cultural events, the major events, getting us to work together. I think to accomplish those two things: be less self-absorbed, to give up a little bit of ourselves, and to be a little bit more aware and more connected to the group. ... Initially it is because you are supposed to or because you are told to, 'do this, do that.' But gradually, it becomes more natural, you see things that need to be done instead of saying 'somebody needs to do that,' then you just do it. Or, if it takes more than one person – which is even better – then you organise a few folks to do it together. And that's the way the organisation works. And that's what he taught us about the process.

– Sean D

”

“Taoist Tai Chi® is very much about how we treat people; how we treat other people with respect that is due, and that is one of Master Moy's main lessons.”

– Peter C



Directors and leaders meet with participants during the 2019 CIT Week at the International Centre

“

Continuing Instructors in Training Week helps us to appreciate the scope of our organisation and the depth of the benefits this art provides, as we talk and share and listen to one another. When we all do the Taoist Tai Chi® practice together it is very powerful. It connects us to ourselves, each other and the universe. Each year we also realise and appreciate the leadership we enjoy, and the continuing thought, discussion and planning that takes place on our behalf behind the scenes all year. This year, in particular, with the storm and hydro outage, the positive approach of everyone to continuing the planned itinerary, with subtle alterations, highlights the positivity of not only our leaders, but all participants of our organisation.

– Marjorie C

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Letter to Presidents and Vice-presidents of branch and national Taoist Tai Chi Societies

distributed by Head Office in Toronto under direction of Master Moy Lin Shin in 1993:

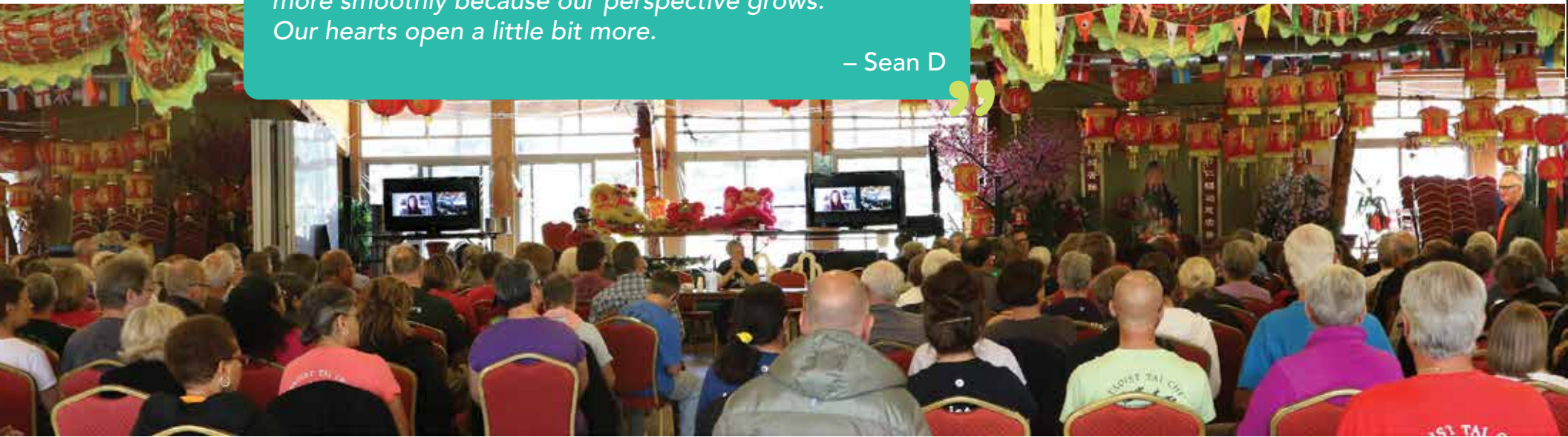
All officers and directors must communicate to the members the importance of respect for the Founder and source of the teachings. After all, if Master Moy was not generous with his knowledge, none of us would be receiving it. Moreover, we should educate and instill in our members the sense of humility and harmony. Taoism and Taoist Tai Chi® arts are not mastered in a year, or even in 30 years Thus, being the president and vice-presidents of a national and/or branch organisation of the Taoist Tai Chi Society requires discipline, knowledge, wisdom, humility and the ability to work together with others ... Being in these positions of responsibility also requires clarity of purpose and mind, knowing where to take the organisation, and how to communicate and implement the aims and objectives of the Founder.



“

You know you are an instructor and you think about your class. Then you are branch council, so you think about your branch. And then you are on the regional or state or country and so your perspective is growing step by step and you can get tripped up by getting stuck in any one of those. 'Oh, the branch is doing well, we have a lot of income, it is our money, we should decide how it should be distributed, how it should be spent.' No, it is Mr Moy's money. And yes the leadership needs to see the big picture of how that little pool together with another little pool makes a big pool and you can do a lot more things all together. It took us quite a bit of time to realise that - in the early days, each city, each branch was a separate corporation. How dumb was that, too. But that was the degree of self-interest for that little group. It took us some time to grow out of that. We are working more smoothly because our perspective grows. Our hearts open a little bit more.

– Sean D



International Training Centres

Master Moy led the search for and chose the 104 acres at Mono, Ontario – about an hour north of Toronto’s international airport - which now make up our beautiful International Centre. It is our mountain – a place where we gather to practice, volunteer, strengthen our links to each other and deepen our understanding of the Taoist arts.



“

For the whole process of planning and construction [of the International Centre], I basically just did what Master Moy asked me to do. Follow his vision. There was a lot of learning. The whole process of the planning and the construction taught me patience. The master plan started in 1984 and the Three Religions Temple was done in 1997.

You need to not get upset. If you get turned down, don’t get too upset. Just find a different route. And patience also was needed to fulfill all the different requirements and conditions of the amendment. Be aware and be patient. For the amendment, I had to check the correspondence all the time, as it went through six or more ministers. If any of them had been against it, it would have been turned down. Thus this taught me to be alert.

Master Moy was also all about building bridges and goodwill with politicians. This is why we always have had good relationships with the politicians. ... Master Moy was also very good seeing and using the skills of Taoist Tai Chi® arts participants. He was also very firm and able to deal with different situations or cases. If there were people not loyal to the society, Master Moy would just take action.

– John H

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Directors of Fung Loy Kok Institute of Taoism offer congratulations to the Taoist Tai Chi Society of the USA at the Grand Opening of the Center.



As we end our first 50 years, an International Center has been developed in Dunedin, Florida, by the Taoist Tai Chi Society of the United States. The journey to the Grand Opening of the International Center Florida in November, 2018 was long and winding. The Taoist Tai Chi Society of the United States built relationships with neighbours and the city of Dunedin, many pages of legal contracts were scrutinised and settled on, and the construction managed.

Now the Center has a practice hall of 12,000 square feet, and the 50th Anniversary of *Fung Loy Kok Institute of Taoism* is being celebrated with affiliate countries at the International Center Florida.



Above left, chanters in Confucian robes take part in the Cleansing Ceremony for the new Center. Below left, the dragon dances at the Grand Opening of the International Center Florida in 2018.

Aruba
Australia
Belgium
Costa Rica
Czech Republic
Denmark
France
Germany
Great Britain
Hungary
Ireland
Italy
Malaysia
Mexico
Netherlands
New Zealand
Norway
Poland
Portugal
Slovakia
Spain
Sweden
Switzerland
Ukraine
United States
of America



Our International Affiliates

The seed planted in Toronto, Canada, by Master Moy has grown into a sturdy tree in Canada, with its roots in the Taoist tradition from China, and now *Fung Loy Kok Institute of Taoism* shelters and provides guidance for all its affiliates around the world in 25 countries. Master Moy devoted much time and energy travelling the world to foster the spread of *Taoist Tai Chi*® arts, and senior advisers continue to travel while representatives from affiliates come to our International Centre.

The distance from Toronto to Perth, Australia is 18,142 kilometres – close to half the circumference of the Earth. That is the journey Master Moy travelled a dozen times to visit Australian locations practising Taoist Tai Chi® arts between 1986 and 1998. Since his death in 1998 the Board of Directors and representatives of Fung Loy Kok Institute of Taoism have continued to help guide the learning in all aspects of the training and administration. Senior advisers visit to ensure that Master Moy’s vision and training methods continue to flourish. Every visit is an opportunity to learn and share, not just to improve our Don-yus or Brush Knees, but in the seemingly mundane details of everyday life. One example is the time Master Moy helped one of us fold our washing at home, in a not-too-subtle hint that details matter. Or the time when, one evening after the workshop, we drove Master Moy quite some distance to visit a member who was ill and not able to attend his programme that year.



In the 1990s, a French accordionist plays in Montreal

streets, marketplaces and parks. His accordion feels heavier and heavier. His back is becoming painful. He sees a poster for the Taoist Tai Chi Society of Canada and goes to a class. He begins to practice, goes to more and more classes and the pain disappears.

When he's back in France, he wants to continue the practice and opens a class in a small village called Pluduno in Brittany. Thanks to his painful back, *Taoist Tai Chi*® arts were born in France. What could have happened if he had chosen to play the flute?



Taoist Tai Chi® arts demonstration in Slovakia



Asociación de Tai Chi Taoista Mexico



Taoist Tai Chi® arts in Ukraine

In the early nineties Master Moy visited the Great Britain Society to participate in a five-day programme at the Centre in Colchester.

On the first morning before the programme began he turned to the two senior instructors at the time and asked them, "What's in the fridge?" The instructors looked at each other in confusion before following Mr. Moy out to the kitchen ... the message we took from this was that we should know what is going on in ALL aspects of the programme.



般石基永固

Steps on the Path

As we move forward with the template and practice given to us by Master Moy, we are pursuing three projects in the Toronto area – providing long-term care for those at the end of life, creating aging-in-place housing for seniors, and a Toronto Centre.

As with all of our projects, they are templates for our affiliates around the world. We continue to grow, develop and deepen our understanding of the Taoist arts as we strive to work harmoniously to cultivate the spark of goodness and make these gifts available to all.

Those who have been touched by Master Moy, either directly or indirectly, feel tremendous gratitude to him and the arts that he left us. We express our heartfelt thanks by following Master Moy's wishes and directions – diligently practising the Taoist teachings to help others and improve our world.

With a strong foundation an
organisation can be
everlasting.



True Message of the Three Dragons

The Lord of the Beginning Who Protects All announces to all sentient beings:

**The Way of The Great Learning is to cultivate bright virtue, and make all people as one's own family.
From finding repose to reaching the ultimate perfection, being of common virtue and common spirit,
Its guiding principles offer steps to attain purity.**

The Way of The Doctrine of the Mean is the framework of both country and family.

The Way of Kings Yao and Shun is to cultivate the self and protect others.

Without partiality and without bias the Way of the King is to be even-handed and fair.

The Way of Confucius is to cultivate nature and tame the heart.

When the Primordial Spirit leads the people will surely follow

And longevity will surely come for eight hundred long years.

We dare to remind ourselves that we must go out and practise the teachings;

Practise always and everywhere. May harmony and prosperity fill the universe!



A statue of Guanyin on the grounds of the International Centre near Mono Mills in Ontario, Canada



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