

14:01:15 From André Ribeiro 林柏儒 : João Oliveira – Qin performance of Xiao Xiang Shui Yun 瀟湘水雲, Misty River Xiao and Xiang.  
14:03:23 From Pei Chang : Prof. Lam, so nice to see you here today.  
14:06:54 From Marilyn 王妙蓮 : Yes, welcome Prof. Lam, we're glad you could join today's meeting. Also, welcome to others who may be attending for the first time.  
14:13:10 From Marilyn 王妙蓮 : Please check Joao's biography in our NYQS website. Joao is relatively new international member.  
14:13:38 From Pei Chang : Joao have learned the guqin for three years.  
14:13:57 From André Ribeiro 林柏儒 : Here it is:

João Oliveira is from Portugal, a graduate in Software Engineering from ISEP, and currently works as a Software Engineer. He started learning music when he was 10 years old, as a violin player, with a classical education. Although he interpreted pieces from several composers across different eras, he focused on the Baroque era, with authors such as Antonio Vivaldi and Johann Sebastian Bach. His musical journey started a new chapter when he first found the Guqin and attended his first NYQS's Yaji. From there, he contacted Peiyou Chang to start learning the instrument. He has been learning Guqin and Chinese Calligraphy from Peiyou Chang, since 2020 and 2021, respectively.

João Oliveira 來自葡萄牙, 畢業於 ISEP 軟件工程專業, 目前

14:20:00 From YI Hu : 混沌式  
14:20:39 From André Ribeiro 林柏儒 : Thanks for 混沌式 Hùndùn shì  
14:21:08 From André Ribeiro 林柏儒 : Gust, Qin Steller-Shen 沈沁 – ‘The Robe of Luo Lan – Consciousness,’ a composition by the late qin master Chen Gong-liang. 成公亮先生作曲《袍修羅蘭-識》  
14:35:36 From Pei Chang : Mingmei Knows Miss Shen's father.  
14:36:02 From Pei Chang : They are talking some old time memories.  
14:36:16 From Marilyn 王妙蓮 : Could you please write Ms. Shen's father's name?  
14:36:45 From Pei Chang : 沈洽, (not sure which Chia)  
14:37:16 From Pei Chang : 音腔論  
14:38:09 From Pei Chang :  
[https://www.amazon.com/-/zh\\_TW/%E6%B2%88%E6%B4%BD/dp/7552316330](https://www.amazon.com/-/zh_TW/%E6%B2%88%E6%B4%BD/dp/7552316330)  
Her father Shen Qia wrote the book  
14:38:28 From Marilyn 王妙蓮 : Thank you for the reference.  
14:38:42 From Pei Chang : cavity theory?  
14:51:28 From André Ribeiro 林柏儒 : André Ribeiro 林柏儒 – present on ‘With a Gentle and Subtle Touch: Translating Master Yuan Jung-Ping Qin's Writings into the Portuguese Language’ 關於以葡萄牙語解讀“低撫輕彈, 真落花流水溶溶也” 袁中平紀念吳兆基文  
15:08:24 From Mandy S : poetry creates a type of trance state, or "environment" as you say- ezra pound learned chinese and greatly admired the uprightness of the chinese character >>esp in his Cantos...he creates an environment, a mindstate ♥  
15:28:18 From Marilyn 王妙蓮 : Reply to Mandy: this “environment” of Ezra Pound's may be a reference to the terseness of Chinese and the symbolic aspect of each character, and the potential for ambiguity that allows such breadth in a “translation” or interpretation of a character or phrase, that the current speaker

is elaborating on in a monumental way!!

15:41:53 From Dan Reid : Is any information available about Wu's Sanyuan Qigong?

15:42:46 From André Ribeiro 林柏儒 : Peiyou Chang 張培幼 - Exploring Tang Dynasty Chen Zhuo's Qin Shuo 陳拙[琴說] (On The Qin by Military Officer Chen Zhuo).

15:44:38 From André Ribeiro 林柏儒 : About sanyuan qigong...

"Carrying out a quick, somewhat inaccurate search, the 三元氣功 sānyuán qìgōng style mentioned by the author as the creation of Master Wuzhaoji seems to have a long lineage, as the term is frequent in older texts, usually defining it based on three distinct and related practices: Tai Yuan Gong: 太元功, Cai Yuan Gong: 採元功 and Yang Yuan Gong: 養元功.

Through the sequential practice of these three, it is possible to achieve the transformation of essence into energy, the conversion of energy into the spirit, and finally, the merging of spirit with emptiness, thus achieving a higher level of cultivation in harmony with the Tao. What made me notice the correlation between this style of Gigong and the constant reference in the text to "refining the Essence and transforming the Qi", "refining the Qi and transforming the Spirit", and "using the Spirit to control the Qin."

15:51:26 From Dan Reid : Reacted to "About sanyuan qigong..." with 🙏

16:07:04 From André Ribeiro 林柏儒 : Reacted to "Reply to Mandy: this..." with ❤️

16:08:08 From YI Hu : It's meaningful to explain in this way

16:20:17 From André Ribeiro 林柏儒 : That's for sure!

16:28:26 From Pei Chang : Ralph, can you spotlight the speaker

16:28:59 From mingmei Yip : 神奇秘譜：“(琴乐)昔人不传之秘, 故无点句, 达人得之。是以琴道之来, 传曲传不传谱, 传谱不传句。故嵇康终其身而不传。”

16:29:20 From Pei Chang : Reacted to "神奇秘譜：“(琴乐)昔人不传之秘, 故无点..” with 🙏

16:29:30 From Pei Chang : Thank you Mingmei.

16:53:22 From YI Hu : Yes, Contextual understanding