

## POP Music and Tai Chi - Movement and Stillness Intertwined in The Contemporary World

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**Abstract :** Pop Music embodies both the music that is popular with the audiences and the one that is widespread amongst the general public associated with a state of mind and rhythm. Tai Chi epitomises Yin and Yang, two interconnected opposite states of being. Undivided, they are one, a neutral state of consciousness that does not swing to either pole. It remains constant and even minded. Sound flows and vibrations cause movement, a physical response to the tempo. When an excessive movement is reached leads to stillness therefore, extreme Yang leads to Yin. Pop Music and Tai Chi are comparable to state of inner being versus a state of outer being, emotional control versus emotional expression, stillness, and movement; opposites that are independent of one another yet interdependent concepts in motion.

**Keywords :** Pop music, C-Pop, Tai Chi, Ba Gua, communication, entertainment education

**Conference Title :** ICMFA 2022 : International Conference on Music as Form of Art

**Conference Location :** Montreal, Canada

**Conference Dates :** May 23-24, 2022