

THE TAO

Character for Tao 道

- The metaphysical Way, journey (the path we all walk)
 - ultimate truth or reality
 - guiding principle of all reality
 - ◆ **Ch'i (qi)**, is the energy present in and guiding everything in the universe (the wind blows where it wills...).
 - by definition, beyond human understanding.
 - **Wu wei** ('effortless action' or 'actionless action') striving to make our behavior as spontaneous (swimming with rather than against currents (i.e. bamboo that bends in the wind)).
- VISION: all living creatures ought to live in a state of harmony with the universe, and the energy found in it. (i.e. dance, painting, construction, gardening penmanship, preparing food, etc.)

As a verb:

- to say or communicate, or to understand.
- the art or skill of doing something in harmony with the essential nature of the thing
- way of virtuous conduct = leads to a life of harmony

TAO TE CHING — “The Way and Its Power” by Lao Tzu [Translated by Jonathan Star]

VERSE 1

A way that can be walked is not the Way
A name that can be named is not the Name
Tao is both Named and Nameless
As Nameless, it is the origin of all things
As Named, it is the mother of all things
A mind free of thought, merged within itself, beholds the essence of Tao
A mind filled with thought, identified with its own perceptions, beholds the mere forms of this world
Tao and this world seem different but in truth they are one and the same
The only difference is in what we call them
How deep and mysterious this unity is
How profound, how great!
It is the truth beyond the truth, the hidden within the hidden
It is the path to all wonder, the gate to the essence of everything!