

TAOISM. Tao is the way - the order of the universe, the force in nature that keeps the universe balanced. **T**ao is the eternal principle of reality and the way in which all things are governed by it and find their true nature in it. **T**ao is bigger than the biggest thing and smaller than the smallest thing; Tao is simultaneously still and moving. **T**ao is a primordial state of non-being, a state without bounds or limits - intangible, unfathomable, unanalysable. **T**ao precedes and encompasses all; all that is, manifests in Tao - but its nature can't really be expressed in words. **T**ao can, however, be known or experienced, and its principles (discerned by observing nature) can be followed. **T**ao in its manifested state is the prime cause of the yin and yang (two aspects), or the unity of opposites.



The Taoist taijitu
'diagram of ultimate power'

In Chinese philosophy yin yang is the description of the antitheses in human perceptions of the natural world. I see yin yang as a symbol of our duality.

In Taoist philosophy the universe works harmoniously according to its ways. When someone exerts his will against the world, he disrupts that harmony.

But Taoism does not identify man's ego as the root problem. Rather, Taoism asserts man must place his ego in harmony with the natural universe.

Taoism seeks to remove objects that hinder the flow of the vital force ch'i, and to boost its supply through breathing and movement exercises, such as t'ai-chi.

The book of Taoism is the Tao Te Ching, poems from the era of Confucius by Lao Tzu - meaning Old Man; hence it is thought several authors contributed.

see also WISDOM