

道德经

THE

TAO TE CHING

LAO TZU'S BOOK OF THE WAY
AND OF RIGHTEOUSNESS



Tao Te Ching



KNOWING ONESELF IS ENLIGHTENMENT

HE WHO KNOWS HE HAS ENOUGH IS RICH

RETURN TO THE SOURCE IS STILLNESS



Knowing Oneself is Enlightenment

THE BRIGHT PATH SEEMS DIM

- Knowing others is wisdom. Knowing oneself is enlightenment.
- Mastering others requires force. Mastering the self requires strength.
- A mind full of content only knows a universe that is full of things. To go behind the apparent universe one must go behind the apparent mind.
- Ever desireless one can see the mystery. Ever desiring one sees the manifestations.
- The seeker must allow himself or herself to receive that which is waiting to pour itself into the seeker from above, whether it be called truth or the ultimate energy.
- Alchemical marriage is presented as the culmination of long and difficult work on oneself.

THE GREATEST SHAPE HAS NO FORM

- Truthful words are not beautiful. Beautiful words are not truthful.
- Those who know are not learned. The learned do not know.
- Those who are good do not argue. Those who argue are not good.
- Even more subtle and elusive, but of cardinal importance, is the experience of both forces together within oneself. That experience is the knowledge and the incarnation of the Tao, considered as the whole of nature and of oneself.
- Yield and overcome. Bend and be straight. Empty and be full. Wear out and be new. Have little and gain. Have much and be confused. Know the strength of man but keep a woman's care. Know the white but keep the black. Be the valley of the universe, ever true and resourceful. Return to the state of the uncarved block.



He Who Knows He Has Enough is Rich

HE WHO KNOW ENOUGH IS ENOUGH WILL ALWAYS HAVE ENOUGH

- Knowing ignorance is strength. Ignoring knowledge is sickness.
- One who is sick of sickness is not sick.
- Search for that which transcends society. Study the laws of pure inner work that operate within the outer battlefield of life.
- I can be a leader within myself. A warrior. A king. A sage. There are armies and peoples within myself. There are desires, fears, needs. There are timid and brave impulses. There are thinkers, dreamers, scoundrels, and madmen within myself.
- To be a warrior in the outer life one must be a warrior in the inner life. To be a king in the outer life one must be a king in the inner life.
- Live in the midst of both the forces of outer life and the mystical return, while searching within oneself for the consciousness that is at the root and stands as the reconciling fulfillment of both these movements. This war is love. This love is war.

THOSE WHO KNOW DO NOT TALK. THOSE WHO TALK DO NOT KNOW

- A truly good man is not aware of his goodness and is therefore good. A foolish man try's to be good and is therefore not good.
- If men are not afraid to die then it is to no avail to threaten them with death.
- The movement back toward one's central self is a subtle, elusive, and fleeting experience. It is constantly being overridden by the automatically acting aspects of the outward movement especially the racing chaos of automatic thoughts.
- The search for both fundamental sources within oneself may appear incomprehensible or foolish to the unenlightened and to the unenlightened parts of our own minds, which are accustomed and even addicted to rationality and the imposition of concepts and forms onto the outer and inner light.



Return to the Source is Stillness

THE WAY OF THE NATURE

- Guard your senses, temper your sharpness, simplify your problems, mask your brightness, be at one with the dust of the earth. This is primal union. The highest state of man.
- To see truly and to live fully is what it means to be authentically human.
- Our primary and only true responsibility is to be individuals who are conduits for the supreme creative power of the universe.
- To be natural is easy but we have become such unnatural beings that to open to this force is the most difficult thing in the world.
- Stiff and unbending is the disciple of death. Gentle and yielding is the disciple of life. An army without flexibility never wins a battle and tree that is unbending is easily broken.

STILLNESS AND TRANQUILITY SET THINGS IN ORDER IN THE UNIVERSE

- A brave and passionate man will kill or be killed. A brave a calm man will always preserve life.
- We are beings of two movements. It is our exalted, although immensely difficult task to find the sensitivity and openness that is the great movement of return designated by the word “silence” at the same time that we function outwardly - think, play, fight, and create - in the rough and tumble vortex of life on earth.
- To be fully human is to develop a power of attention that allows the relationship of the harmonious, forces called Ying and Yang, to take place within one’s own psychophysical organism.
- Both forces are hidden from us in our unenlightened state of consciousness. It requires a precise practice of meditation to become aware of energies as such and to observe for oneself their laws of interaction and unfolding movement.
- Meditation is the process of becoming familiar with one’s own real structure as a human being.
- In the pursuit of learning, everyday something is acquired. In the pursuit of the Tao, everyday something is dropped.

