

LAO-TSE & DAOISM

HZT4U1 - MR. WITTMANN - UNIT 2 - LECTURE 3



**"THE JOURNEY OF A THOUSAND MILES
BEGINS BENEATH ONE'S FEET."**

-The Way of Lao-tzu

NATURE OF THE DAO

- Lao-Tse (604-531 BC) wrote China's 1st philosophical work.
- Before him, Daoist ideas and beliefs were not consolidated or organized into a single school of thought.
- Thus, Lao-Tse started the 2nd phase, or official or formalized phase of Daoism.

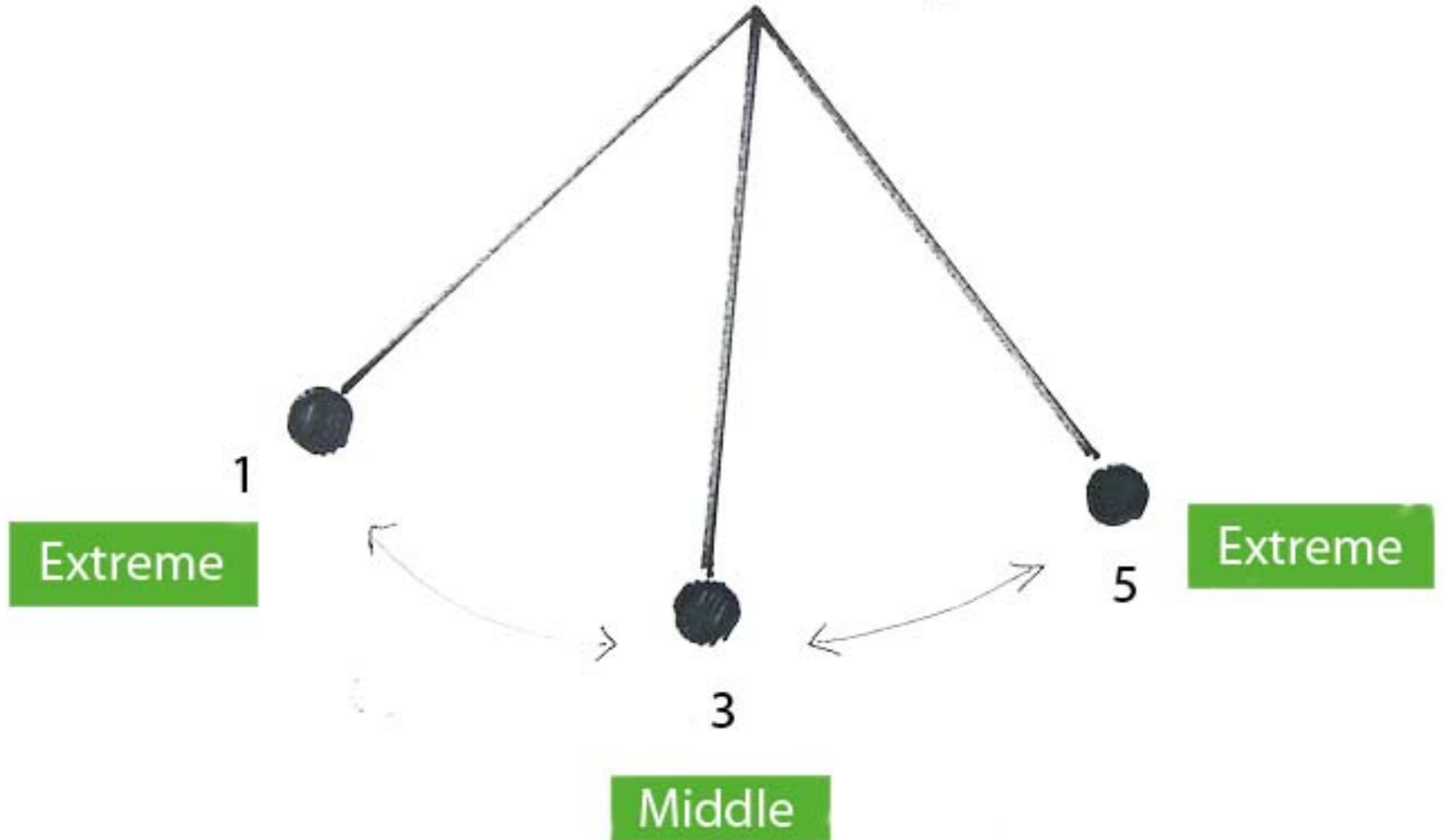
NATURE OF THE DAO (CONTINUED)

- **Dao De Jing (aka Tao Te Ching)**
- Describes the nature of reality (beyond conceptualization) called the...
- ***Dao/Tao* (path, road or way)**
 - The process of reality itself
 - Way all things form, transform, deform

NATURE OF THE DAO (CONTINUED)

- All things are produced and experience by the process of existence and non-existence
- Change is the most basic character of the nature of reality
- One should conduct one's self in accord with this nature of reality.

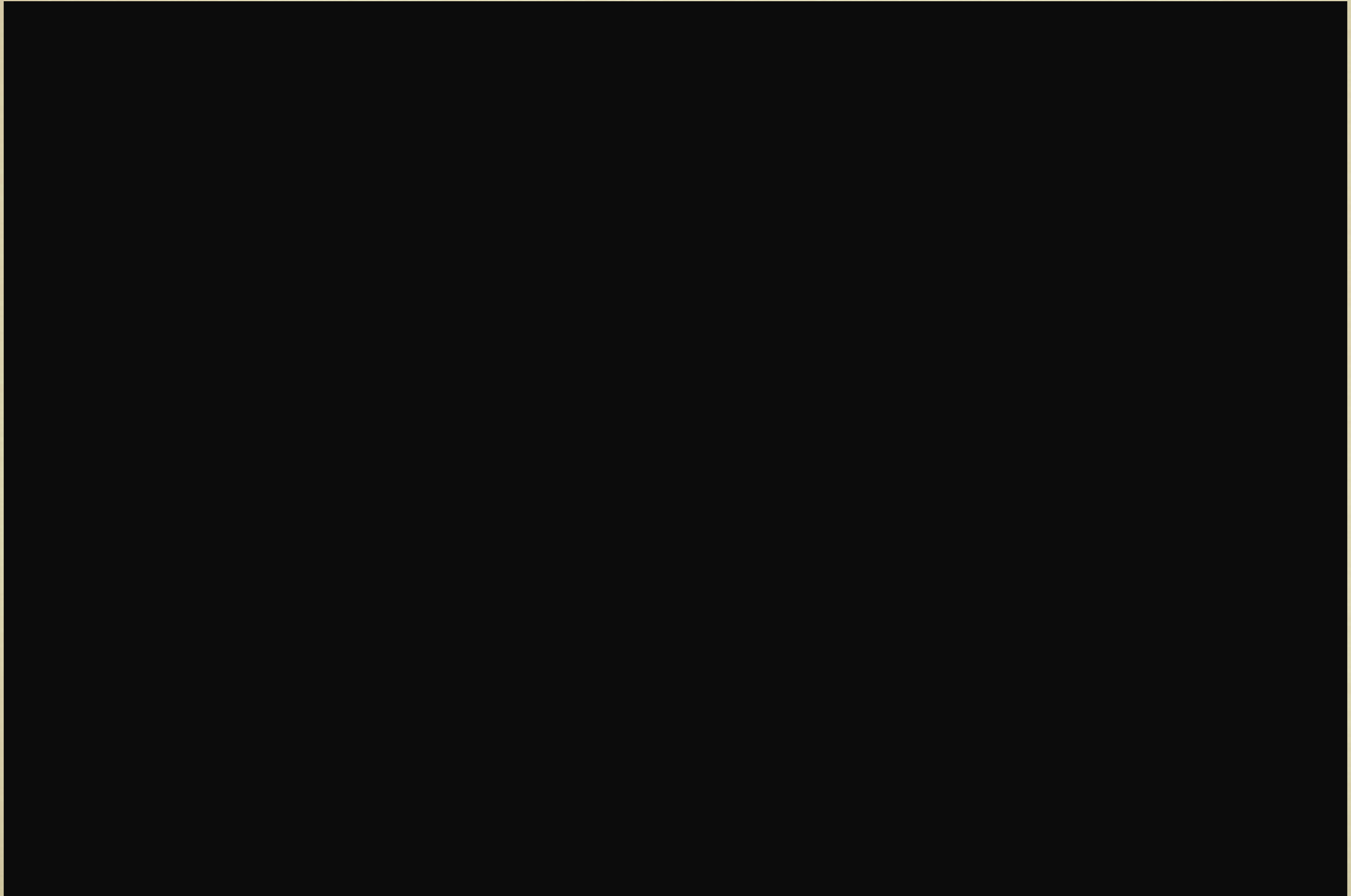
Pendulum Swing



NATURE OF THE DAO (CONTINUED)

- **Law of Nature:** when anything develops any extreme qualities, change-forces cause qualities to revert to their opposites qualities.
- ***Dao*** is the alteration of these opposite positive and negative correlative change forces (**yin & yang**)

YIN & YANG (CONTINUED)



DAO & HUMAN CONDUCT

- ***Wu wei***: act naturally, effortless action
- But practicing ***wu wei*** increases awareness and understanding of the ***dao***.
- Don't over do it, no need for tampering with the flow of reality

DAO & HUMAN CONDUCT

(CONTINUED)

- ***Wu wei*** shows the reality of the ***dao*** always benefits in the long run, no matter the perception.
- When we think that life's occurrences seem unfair remember, the universe is as it is, just accept it, and go with it.

DAO & HUMAN CONDUCT

(CONTINUED)

- To achieve something, start at the opposite (i.e. put yourself in the background, find yourself in the fore).
- Like an infant, move and act naturally, without planning or relying on external structuring or organizing of reality
- Concentrate on internal energies (*qi*).

DAO & HUMAN CONDUCT

(CONTINUED)

- Live naturally, free from the desire to control reality
- Learn how to be content with reality.
- This is the way to preserve life and avoid harm and danger to others, and achieve one's goals safely and minimize risk.

DAO & HUMAN CONDUCT

(CONTINUED)

- Avoid excess, extremes, extravagance, and practice moderation.
- Do what is only necessary natural (*te*)
- Conducting yourself with the simplest effort possible
- Don't over do things.

DAO & HUMAN CONDUCT

(CONTINUED)

- Follow the natural way (*te*) to minimize the radical ups and downs of *yin & yang*, to live harmoniously (*he*).
- Eliminate excessive desires, withdraw from trying to live better, go with the flow and life will be better.

DAO & HUMAN CONDUCT

(CONTINUED)



THE END