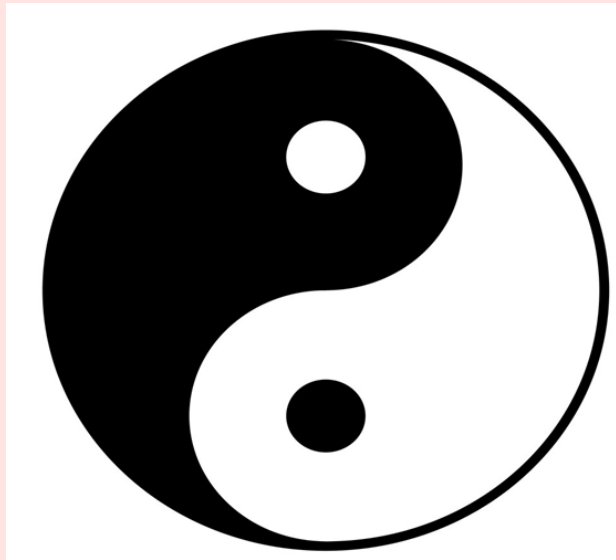


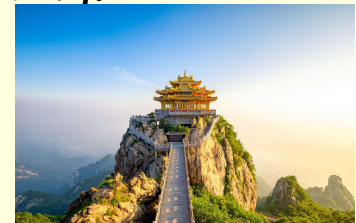
1st February 2021

I can describe the main teachings of Taoism



Taoism started with the thoughts and writings of a man named Lao-Tzu (pronounced low-zuh). He was a philosopher, or a person who looks for wisdom. No one knows exactly when Lao-Tzu and Taoism began, because it is such an old religion.

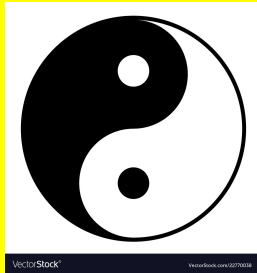
Tao Te Ching (pronounced dow duh jing), came to be. The story says that one day Lao-Tzu quit his job. He rode on his ox, teaching other people his beliefs along the way. One day, a guard on a mountain asked Lao-Tzu to write down his beliefs. Lao-Tzu did, and those writings became the Tao Te Ching.



Taoism is about 2500 years old. Tao is the Chinese character for 'path' or 'way'.

They have many sacred books. The best-known is Tao-Te-Ching, which was written more than 1000 years ago.

Taoists try to lead good lives and not do evil to anyone.
They look after the sick and feed the hungry.
They care about nature and the beauty of the world.



Yin and Yang

This means harmony. Yin is female. Yang is male, opposites that come together to be one. Yin is born on the longest day in summer and Yang is born on the shortest day in winter. The seasons of the year are part of one cycle, like the life cycle of living beings. Things must balance, e.g. night and day (too tired).

Tai-Chi

This is more than just exercise. Tai means the strength or power that is in everything. Chi means the flow of energy. Tai-Chi is about bringing inner strength and energy together making them one force. They concentrate on movement and breathing (like in meditation).



Rules and Behaviour

People who are Taoist believe that acting good and making good choices helps your soul. Taoists try very hard not to break any rules and to be respectful and kind to everyone around them. Taoists respect elders and their parents.

They are also expected to act selflessly, or act without thinking of themselves. Acting selflessly is kind of like doing chores around the house without being asked, because you know it helps, not because you have to.

