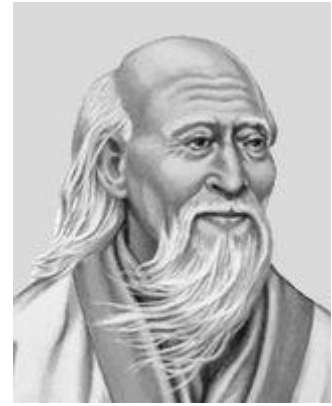


LAO TZU (6th -4th century B.C.)

How to live in harmony with the world = Taoism

(tao means "the way," = the pattern and substance of everything that exists.)



1. The wise man is one who, knows, what he does not know.

Wisdom and strength come from remaining humble

You should agree with Tao completely. Only complete humility is the cure for the disease called pride. Sadness and anger are companions of pride whereas Calm and joy are companions of impeccable humility.

2. Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power.

Look Within and You Will Find Everything You Need

3. New beginnings are often disguised as painful endings.

Change is inevitable, so embrace it, even if it seems uncomfortable

Change often paves the way for something better — and if not better, at least different. In difference, lies life's momentum and progress.

4. By letting it go it all gets done. The world is won by those who let it go. But when you try and try. The world is beyond the winning.

By Letting Go, You Become Free

To be content is to be happy with what you have, and to be happy with what you have is to be rich.

5. He who defines himself can't know who he really is.

Let Go of Your Labels If you Truly Want to Know Yourself

6. Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

Kindness and Compassion For Others Will Always Win In the End

7. Care about what other people think, and you will always be their prisoner.

Be Yourself Without Caring What Others Think

Accept yourself! Believe in yourself! Because if you did, you wouldn't have to try to convince others.

Be content with yourself! Because if you were, you wouldn't need others' approval.

8. Give evil nothing to oppose and it will disappear by itself.

Pay No Attention to Evil and It Will Crumble Away

9. If you want to govern the people, you must place yourself below them. If you want to lead the people, you must learn how to follow them.

Learn to follow first if you ever wish to lead

Just like rivers and seas, a good leader must be ready to receive. To receive water from streams, rivers and seas stoop low. To harness energy from their people, a leader positions lower as well, in order to receive. They pay attention and listen. A leader follows, before they are followed.

10. When nothing is done, nothing is left undone.

Always go with the flow

It's powerful to consider that there is a natural order in everything we do. If we tune in and follow the order, things get done effectively, efficiently, and without extra effort. If we go against the order, it takes extra time and energy to get things done and in some cases nothing will get done, no matter how hard we try.