

Quotes from the Tao Te Ching



The *Tao Te Ching* is an ancient Chinese classic text which is the foundational text on Taoism. *The Tao*, which means *the Way*, is a philosophy whose core concept is that the universe revolves around two opposing forces that are interdependent and compliments each other; like night and day, winter and summer, man and woman. The book reflects on the dynamics of the Tao so you can live your life with peace and harmony. Believed to have been written by the Chinese philosopher, Lao Tzu, who lived during the Zhou Dynasty, the Tao Te Ching contains words of wisdom which still resonates today.

The *Tao Te Ching* which translates to *The Classic of the Way and its Virtue*, is written as short declarative statements and intentional contradictions, encouraging varied interpretation in an effort to teach you how to live in harmony with nature and the universe. Here are just a handful of quotes from this ancient text:

"The truth is not always beautiful, nor beautiful words, the truth."

"A man with outward courage dares to die; a man with inner courage dares to live."

"The journey of a thousand miles begins with a single step."

"Those who know, do not speak. Those who speak, do not know."

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

"Doing nothing is better than being busy doing nothing."

"Great acts are made up of small deeds."

"What is firmly rooted cannot be pulled out."

"Water is the softest thing, yet it can penetrate mountains and earth. This shows clearly the principle of softness overcoming hardness."

"Stop thinking, and end your problems."

"Health is the greatest possession. Contentment is the greatest treasure. Confidence is the greatest friend."

"Muddy water, let stand, becomes clear."

"To attain knowledge, add things every day. To attain wisdom, remove things every day."

"Act without expectation."

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

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