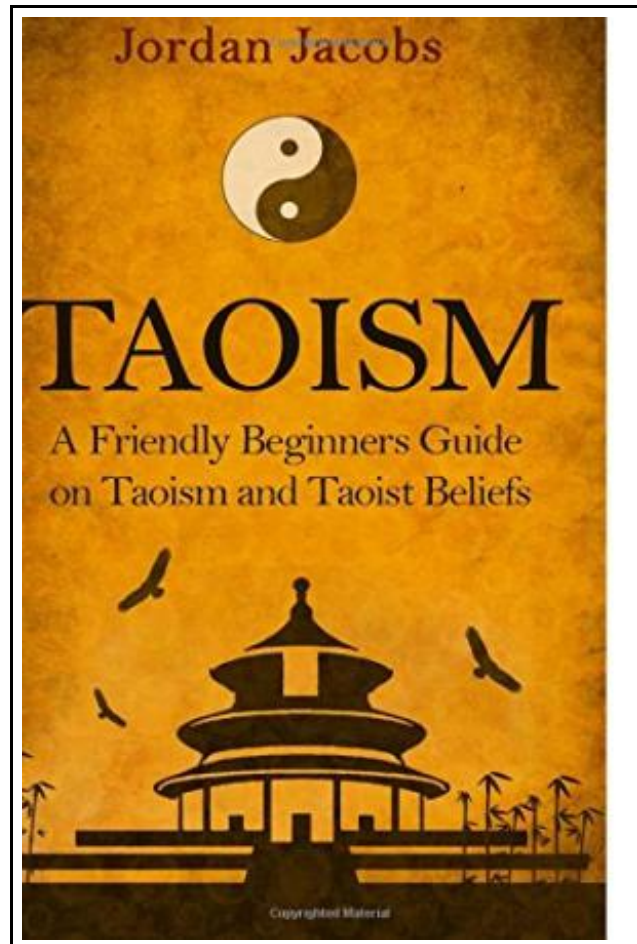


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Taoism For Beginners: The Philosophy Of A Happy Life A Friendly Beginners Guide On Taoism And Taoist Beliefs Taoism teaches the basic principles of living a long and healthy life. The Taoist principles help us understand the inseparable nature of the self and the nature of the cosmos, to participate in the natural flow of events. To gain knowledge about Taoism is the cultivation of a thought process of growth, self-exploration, transformation, and to link our inner self with the surrounding world. This is the way to engage ourselves in the realm of the Tao. What are the implications of Taoism in our daily life? Can we apply the principles of Yang and Yin in our personal life? If we wish to enter the realm of Tao, we need to have the willingness to accept the natural flow of activities and events. If we are aware to the ever-changing facets of nature, we will have the strength to create harmony. If we aren t aware, we will be affected by self-conflicts due to the circumstances. The first principle of Taoism is to develop an awareness of the natural things and understand these are interconnected as a part of the whole universe. The universal viewpoint states that everything is Tao. Good fortune is Tao, misfortune is also Tao. We must not pit one side against another, but urge ourselves to determine a relationship between the opposites. There is a popular idiom, there are two sides of a coin. Following this principle, you must appreciate both situations; it helps us embrace the situation. People become empathic as they understand the other side of the experience and imagine how they would...

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