

What is Tao (Dao)

T'ai Chi follows the Taoist way or code of behaviour.

The Tao is nothing within nothing, compromising everything past, present, future. This is Tao not even "The Tao" just Tao (Dao).

SPACE

There is no name for the workings of the supreme spirit, or to the workings of it taking place, but it does take place in the infinite laws of the universe, the ordained way, the way of the cosmos or source of the cosmos, spontaneous transformational, unconditional, and unknowable.

Road, Channel, Path that you live your life along.

A Taoist has no Gods, no rituals, no alters, but lives and strives to be at one with his inner self, to one day prove he may be worthy to help and assist others.

Day follows night and night follows day, in acceptance of this comes the understanding of Tao.

The reality of life before its description of it. The greater whole, none-dualistic which everything comes into being.

There is no such thing as good or bad luck, a fortunate coincidence, or a misfortune. Destiny on this Earth where night follows day and day follows night always, and this cannot be changed. But we can learn to be grateful for it and this moment in time and learn from it and let it pass into the next moment accepting the natural laws of the universe.

The universe is Yang and has been ordained by the will of Tao and the Earth is Yin bringing about the "Human Being" and manmade objects that are not natural causing stress and unrest upsetting the balance in our world.

Within movement or making a change or making an improvement you will always create a change somewhere else or create a defect somewhere else no matter how small the change or improvement, this is the Tao at work, as everything moves, nothing stays still from one second to the next second, from one particle to the next particle, from one experience to the next experience, when you modify one thing you modify another as there has to always be a balance in the infinite laws of the universe, as you take from one place it has to be replaced with something else to keep the balance of space- time, life and death, self-regulation.

Within T'ai Chi, Tao leads us to the term Te(De)= virtue, integrity which is the cultivation of the Tao and Wuwei = naturalness of human nature, within Tai Chi we call this actionless action.

Do with it as you please, and travel along your path in your way keeping to the natural and spontaneous interactions of the Tao while doing no harm.

In modern times some have named it CONCIOUSNESS (the hard problem of science). As human beings we have evolved from following our natural gut instinct to using our consciousness.

<https://en.wikipedia.org/wiki/Tao>

The Tao that can be told is not the eternal Tao;

The name that can be named is not the eternal name.

The Nameless is the origin of Heaven and Earth;

The Named is the mother of all things.

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There was something undifferentiated and yet complete,

Which existed before Heaven and Earth.

Soundless and formless it depends on nothing and does not change.

It operates everywhere and is free from danger.

It may be considered the mother of the universe.

I do not know its name; I call it Tao.

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All things in the world come from being.

And being comes from non-being. (form comes from formlessness)?

Tao Te Ching

The Way is to man as rivers and lakes are to fish,
the natural condition of life.

The book of Chuang Tzu