

Becoming A Brilliant Star Affective Development

(Ch 12)

Colors blind the eye.
Sounds deafen the ear.
Flavors numb the taste.
Thoughts weaken the mind.
Desires wither the heart.

The Master observes the world
but trusts his inner vision.
He allows things to come and go.
His heart is open as the sky.

(Ch 16)

Empty your mind of all thoughts.
Let your heart be at peace.
Watch the turmoil of beings,
but contemplate their return.

Each separate being in the universe
returns to the common source.
Returning to the source is serenity.

If you don't realize the source,
you stumble in confusion and sorrow.
When you realize where you come from,
you naturally become tolerant,
disinterested, amused,
kindhearted as a grandmother,
dignified as a king.
Immersed in the wonder of the Tao,
you can deal with whatever life brings you,
and when death comes, you are ready.

(From Ch 20)

Other people are excited,
as though they were at a parade.
I alone don't care,
I alone am expressionless,
like an infant before it can smile.

Other people have what they need;
I alone possess nothing.
I alone drift about,
like someone without a home.
I am like an idiot, my mind is so empty.

Other people are bright;
I alone am dark.
Other people are sharper;
I alone am dull.
Other people have a purpose;
I alone don't know.
I drift like a wave on the ocean,
I blow as aimless as the wind.

I am different from ordinary people.
I drink from the Great Mother's breasts.

(Ch 35)

She who is centered in the Tao
can go where she wishes, without danger.
She perceives the universal harmony,
even amid great pain,
because she has found peace in her heart.

Music or the smell of good cooking
may make people stop and enjoy.
But words that point to the Tao
seem monotonous and without flavor.
When you look for it, there is nothing to see.
When you listen for it, there is nothing to hear.
When you use it, it is inexhaustible.

Know the male,
yet keep to the female:
receive the world in your arms.
If you receive the world,
the Tao will never leave you
and you will be like a little child.

(Ch 50)

The Master gives himself up
to whatever the moment brings.
He knows that he is going to die,
and he has nothing left to hold on to:
no illusions in his mind,
no resistances in his body.
He doesn't think about his actions;
they flow from the core of his being.
He holds nothing back from life;
therefore he is ready for death,
as a man is ready for sleep
after a good day's work.

(From Ch 52)

If you close your mind in judgements
and traffic with desires,
your heart will be troubled.
If you keep your mind from judging
and aren't led by the senses,
your heart will find peace.

Seeing into darkness is clarity.
Knowing how to yield is strength.
Use your own light
and return to the source of light.
This is called practicing eternity.

(From Ch 74)

If you realize that all things change,
there is nothing you will try to hold on to.

If you aren't afraid of dying,
there is nothing you can't achieve.

(Ch. 78)

Nothing in the world
is as soft and yielding as water.
Yet for dissolving the hard and inflexible,
nothing can surpass it.

The soft overcomes the hard;
the gentle overcomes the rigid.
Everyone knows this is true,
but few can put it into practice.

Therefore the Master remains
serene in the midst of sorrow.
Evil cannot enter his heart.
Because he has given up helping,
he is people's greatest help.

True words seem paradoxical.

(From Ch 74)

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Compiled by: B. Matthews, July 1999

Source: Lao-Tzu. (1995). Tao Te Ching (Trans. by S. Mitchell). Available online:
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