

**ENCYCLOPEDIA
OF
THE TAO:
A – To – Z**

A Daily Reference of Practical Ancient Wisdom

First of 3 Books in the
Anatomy of the Human Fabric™ Series

ANDREW SADOCK

Preamble

Since the opening of China's gates to the Western world, nearly thirty years ago, both ancient and contemporary writings regarding Eastern wisdom have been exported to the Western world. Unfortunately, the wisdom contained within these texts is presented using terms and concepts that, at times, are not readily understood by readers unfamiliar with the subject matter. This text presents a body of timeless wisdom in an easily digestible format, with the hope that it may inspire practical application of this loving, compassionate way of being.

*“Paradox
Defies common sense
And yet may be true”*

—Webster's Dictionary

The *Tao Te Ching* (casually abbreviated herein, as in common usage, as “*the Tao*”) is written in the form of a paradox. A paradox is defined as a statement that defies common sense, and yet may be true. At first glance, paradoxical statements seem contrary to one another, inconsistent—and thereby untrue. Yet, deeper examination reveals core wisdom that exposes the subtle nuances of the dualistic nature of the human condition—which serves to enhance self-awareness, our personal evolution—and cumulative evolution as a species.

*The monkeymind abhors uncertainty
To thwart uncertainty
The monkeymind takes any action necessary
To obtain an illusory sense of control*

The paradox of the human condition is a direct reflection of the two divergent perspectives from which we can view any situation. We examine situations either from the perspective of the soul (soul-aligned mind), or from the perspective of the *lower* mind. The lower mind is the reactive, doubting, misinformed, unaligned fragment of the mind that craves *certainty*—i.e., abhors uncertainty. (Note that, arguably, nothing is certain except natural order—a/k/a the Tao, Light, God, etc.). The lower mind is also referred to as the *monkeymind*, as it continuously squirms for certainty (again, which does not exist). Higher mind sees only truth. It sees things as they truly are, from a compassionate and loving yet objective vantage point. The lower mind does not see truth. Rather, it *attaches* (clings) to the magnetic illusion of *homeostasis* (unchanging conditions a/k/a certainty). The lower mind is attracted to people, objects and events which momentarily may bring a perceived feeling of safety, but in the long-run this is nothing more than a fleeting, false sense of certainty. Everything is impermanent and so changes—except the Tao, the great eternal force and wisdom that creates, permeates and surrounds all aspects of nature.

Certain terms, phrases and concepts described within the *Tao Te Ching* challenge Western understanding. These terms are dissected to their essence, and then described using simplest language to ease comprehension and application.

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LEADERSHIP

The best leader guides so effectively that followers believe they led themselves. Her hand is perceived as invisible. She proactively creates effective systems that quietly guide. Effective leadership is quiet. It empties people's minds (egoic monkeyminds) and fills their hearts and souls (with heart-felt purpose—yet not egoic ambition). The best leader follows the will of the people; thereby the people do not know they have been guided. The best leader serves as an example and does not exert their personal will. Leadership is like frying a fish, too much poking ruins either. The world appreciates a great leader.

The second-best leader is loved by the people. The third-best leader is respected. The second-worst leader is feared. The worst leader is despised.

[See *Confusion (Lack of Clarity and Confidence)*]

LEARNING

Why are we born? Why do we exist? Simply, *to learn*. To master fundamental and increasingly subtle life lessons. We are born imperfect so we can rise above imperfection and, in the process, learn (i.e., evolve). All that we may take with us from this lifetime is what we learn during our days on Earth. What we learn is all we get.

There is a hierarchy of learning. We are holistic beings comprised of body, mind and soul. Hence, cognitive learning, centered in mind, is the lowest form of learning. Mind collects knowledge. Integration of mental knowledge into the body creates bodymind-centered wisdom. We may transcend mind and body—culminating in learning aligned with the soul, which is rooted in intuition. Higher learning is bodily integration, rather than mental compilation. Highest learning is accessed via intuitive reasoning, centered in the soul,

LETTING GO

To let something go, completely, we must first allow it to flourish. Why is this? *For unless something runs its full course, we may miss lessons that we were destined to learn in the relationship or dynamic.* If all lessons are not learned, or at least triggered (i.e., initiated wherein the seed of the lesson is planted), a relationship is not essentially resolved. In youth (and through the initial thirty-five years of living) we focus our energy upon accomplishment and mastery of material activities. In other words, we increasingly attach to materiality—people, objects, information and events. Then, at approximately age thirty-five, we gradually begin to learn how to let go. Of people. Of things. Of desired events. Of (ego-based) hopes (but not of soul-aligned *faith*). Of (ego-based) dreams. Until eventually **we learn how to gracefully let go, with intimate understanding of the impermanent nature of all things, thus understanding that we are merely letting go of impermanence.** In effect, we lose nothing—as materiality is an illusion. Letting go teaches us the challenging lesson of *loving detachment*, and reveals truth regarding impermanence.

*Nothing is impossible
because she has let go.
In the place of ultimate surrender
[of personal will],
anything is attainable
[if aligned with universal guidance.]*

—Steven Mitchell (*Tao Te Ching*)

LIBERATION (From Karma)

Liberation from karma occurs at the conclusion of the cycle of karma. In theory, this occurs once an individual has mastered life's fundamental and subtle lessons. How long does this take? It varies for each of us. Each of us will achieve liberation (a/k/a self-awareness, enlightenment, ascension). Some quicker than others. In theory it takes many lifetimes to attain complete self-awareness. In each successive lifetime we gain mastery of lessons passed unresolved from prior lifetimes. Some lessons may be quick to learn and master. Other lessons may take lifetimes to master. Liberation occurs once an individual masters life's lessons. In theory, once this occurs the person no longer continues on the karmic wheel. In other words, the person no longer needs to experience additional lifetimes as they have learned all fundamental life lessons. They are liberated from the wheel of karma.

LIGHT

True to form, *The Tao Te Ching, speaking in paradox*, states that the path to Light seems dark. What does this mean? To evolve, we must completely heal. To heal, we must again feel what we were not ready to feel in days, years and lifetimes past. We must transcend the shadow component of the mind to experience Light. Why? Unfortunately, the best analogy I can present is tantamount to *zit theory*. A pimple heals only by releasing the toxins beneath the surface. We heal the emotions in similar fashion. To heal emotion, we must reveal (i.e., RE-FEEL) the (similar) emotion. It is not enough to think about an emotion. Then, while feeling the emotion, we release the emotion using appropriate tools [see the book entitled *Voice of the Soul: A Call to Action*]. Thus, the path to Light seems dark, as we must re-experience *dark* (unresolved) emotions to release, then move forward to Light. *The path forward, circles back* (to heal). To become complete we must empty ourselves (of emotional and energetic stagnancy).

The experience of Shakti, the opening of the Third-Eye chakra, located between the brows of the forehead, in the center of the cranium, accesses infinite Light (a/k/a the *Divine Light*). This experience has been reported through the millennia by meditators. Individuals who have experienced near-death experiences also report seeing light, without opening their eyes. In theory light contains unlimited information. Therefore, the experience of Shakti accesses infinite information. In this manner, through profound meditation, the *Tao Te Ching* states that the master “does everything by doing nothing”—i.e., the master, through meditation (which appears to be doing nothing from a superficial perspective) does everything (as she

connects to infinite information). Again, be aware that the *Tao Te Ching* speaks in paradox and, at times, a bit tongue in cheek.

LOVE— SELF-LOVE (VERSUS SELFISHNESS)

We can fully give to others only if we fully love ourselves. Paradoxically, we must take care of ourselves to care for others. Self-love benefits all others, in each moment. Yet selfishness benefits no one. Self-love feeds one's soul (in a manner aligned with one's highest truth). Self-love supports one's highest path of evolution at the level of the soul. Since all souls are connected, self-love feeds all souls. Selfishness, feeding one's ego, benefits no one. Selfishness tends to the desires of the ego . . . and nothing more.

LOVE—TRUE LOVE (LOVING NON-ATTACHMENT)

True love may seem *indifferent*. Why? True love is unconditional. True love supports another on their highest (soul-aligned) path regardless what form the path may take. True love is selfless yet complete, infinitely giving yet fully able to receive. True love supports another even where their path may be juxtaposed to one's desires. True love acts. False love talks. True love embraces the imperfections of another as dearly as their attractive qualities. True love is detached. It allows another to be who they truly are. It inspires another to travel wherever appropriate. It is eternal. It is infinite. It does not own. Nor does it possess. Rather, it inspires, nurtures, and cares.

MANIFESTATION

*Careful what you ask for
As you just might receive exactly that.*

The process of manifestation occurs from the inside out. Our innermost intention creates our material reality. The Tao states that being is born of non-being. In other words, materiality blossoms from the soup of the infinite, which is sculpted by our etheric, conscious thoughts and, more so, innermost subconscious state of energy (as theory states that the subconscious template magnetically attracts 80 percent of our external experience . . . to help us to evolve—i.e., heal unresolved subconscious issues).

We influence materiality through two mechanisms. First, through direct action. Direct action is activity that focuses upon a specific material (tangible or intangible) outcome. An example of direct action is making a telephone call to a person we wish to speak with. Second, we may influence materiality, non-directly, through non-action. Non-action is activity that focuses upon raising our inner and outer energy levels (vibration). As our inner vibration is raised, we naturally attracted people, objects and events of higher vibration (who carry needed lessons to us). [See *Attraction—Law of Attraction*].

When manifesting through direct action, there exists the danger that we may manifest what our ego, rather than soul, desires—which likely is not best for us at a soul level, in the long-run.

MANIFESTATION—RIGHT MANIFESTATION

To assure we manifest what is best for us, employ non-action. Non-action calls upon natural order (aligned with our soul, which accesses the infinite wisdom of Heaven and Earth) to raise our inner vibration. The soul knows what is best for us. Our limited mind does not know what is best for us in the long-run. Thus, it's best to initiate the process of manifestation by first engaging in non-direct activity (non-action), followed by direct action once the right path is visible and obvious.

MANIFESTATION: A FIVE-STEP METHOD

A five-step system facilitates manifestation—but only where the intended outcome is aligned with one's highest path. Simply stated, the method follows:

- 1) State your preferred result using as many words as necessary to convey all aspects thereof [followed with the suffix: "*with the intention of highest service to the Universe*"].
- 2) Pray for the result—but only when your energy is grounded (connected electromagnetically to the energy of the Earth). [See *Prayer*]
- 3) Refine your objective using as few words as possible.
- 4) [Optional: Before sending it up to the Universe command that any negative, confused energies underlying your intention be returned to you. You may feel any impurities return to you. You may experience sensation in the chakras (especially chakras one through five). You may release these energies from your energy field by using breath and intention (the essence of qi gong).]
- 5) Send the thought-form up to the Universe. Visualize the thought-form leaving your body as a white balloon rising above.

This method is very powerful, especially when used on a repetitive basis. This method encourages manifestation from wholeness, bringing lessons of greatest and highest value.

Note that, in theory, manifestation by an enlightened being is immediate. The second a thought arises, physical manifestation of that thought occurs. This *power* is earned by those who have learned to control their thoughts and energies in every moment. Enlightened beings, such as Buddha, focus only upon positivity. Their intention is unconditionally loving in every moment. They intend and manifest only outcomes that support the highest good of

everyone. They have previously mastered the lesson of patience (the ultimate test of faith) and thus need not *wait* for any result. In contrast, note that we mortal beings wait for outcomes—as we are meant to learn the lessons of patience and faith. [See sections entitled *Patience* and *Faith*.]

MEDITATION: EYE MEDITATION

Eye meditation is a powerful means of communication which, in theory, transcends the communicative capacity of verbal words. Eyes are *windows to the Universe*. Sensitive beings can sense who someone is by looking into their eyes. We feel their essence. And we can feel their connection to the higher realm, highest consciousness. The practice of eye meditation helps us connect to highest power through focus upon another's eyes. During this exercise, we meditate, while staring into another's eyes. Try it. You will find this to be a powerful experience. The longer you remain connected to the energy of higher power and the other person, the better. Employ this practice only with someone whom you trust.

MEDITATION: STILLNESS MEDITATION

All that we do is a precursor to stillness

*Stillness is a paradox
Silent, motionless
Yet the most dynamic
Powerful state of being*

Stillness is the optimal state of being. The most subtle state of being. The most powerful state of being. The most dynamic state of being. And the most natural state of being.

*Simple in theory
Challenging in practice*

Stillness is the most powerful state of being. Why? Because when our center and being are still (vertically aligned), we become an antenna that is sensitive to the whispers of Heaven and Earth. Via the soul. We exponentially magnify our capacity to tap higher power, higher consciousness. We access subtle truth. We transcend the confines of linear space and time. We access our true nature. Our truth. Our life purpose. Our life service. The very reason for our existence. We smile inwardly. Simply by being still. When profoundly still, we access truth. We clearly hear the voice of the universe via the core voice within. Simple in theory, difficult in practice.

*Meditation is
25 percent willingness
25 percent surrender*

And 50 percent grace

—The Master Who Prefers to Remain Anonymous

How can we access stillness? By sitting still. By stilling all within. By stilling all our systems. *By transcending the senses . . . and thoughts of the monkeymind.* How? By surrendering our personal will to universal will. Through practice of humility. Humility is perhaps the most important ingredient—as we do not control meditation. ***We do not meditate. We are meditated.*** What does this mean? Our willingness to meditate causes us to physically assume the posture of meditation, sitting with back upright. Surrender means we allow higher power to move through us. We surrender ourselves to higher power. But humility, the key, is acknowledgement that a higher power is in control. We merely create the possibility for meditation. Grace meditates us.

Meditation is transcendence beyond the mind.

Specifically, to meditate, one method is to initially move the body (for ten minutes or more) such that your blood vigorously flows. This serves to help ground your energy in the body, influencing descension of energy from the monkeymind. Then, in a quiet room, or outdoors (best yet sitting with a tree as a backrest), sit cross-legged (or in lotus position) on the floor, or in a chair with both feet firmly planted on the floor, with back vertically aligned. Breathe in through your nose and exhale through nose or mouth, focused all the while on the physical feeling of the natural rise and fall of the lower abdomen (abdominal breathing)—the natural diaphragmatic expression of the breath in the lower torso. Energy follows focus (intention) and so continues to lower from the monkeymind into the body (lower torso energetic center, the Lower Tan Tien). Maintain your attention on the rise and fall of the lower abdomen, until your focus drifts off. If distracting thoughts enter your mind, re-focus your attention on the rise and fall of the lower abdomen until, again, your focus drifts off. Initially meditate five minutes per day. After a week, increase meditation to ten minutes. When ready, increase meditation in five-minute increments. You need not follow the aforementioned instruction—as there are many ways to meditate, as described in a multitude of books, DVD's, and other media.

MEDITATION: WALKING MEDITATION

Walking meditation is a Buddhist practice. In walking meditation, we focus our attention upon subtle movements of the feet. Walking meditation helps ground the meditator. Grounding is literal energetic connection to the energy of the earth. By maintaining the mind's focus upon the feet, we lower our energy toward earth. This helps us access the energy and wisdom of the earth. A four-step walking meditation entails focus upon a heel gently touching earth, then (on the same foot) slowly lowering the ball of the foot to touch earth, then focus upon slowly lifting the heel (on the same foot), then focus upon the other heel gently touching earth (and repeat the next three steps for the other foot).