

Thoughts inspired by Change Your Thoughts Change Your Life (an enlightening book)

(Thanks to Dr. Dyer for the inspirations and words of peace and encouragement)

- 1) Divine order. Remind ourselves that there's always an infinite unseeable realm where everything originates. Befriend the mystery within yourself. Don't try to figure it all out. Let the world unfold and wish a blessing on Loved Ones. The Universe has them taken care of. It's o.k. letting go of trying to see the mystery will help allow us to see it. The mystery itself is the doorway to all understanding. Allow the Tao. Live and let live. Be at peace. "Do the Tao". Wanting and allowing is different.
- 2) Congratulate yourself on trying to seek peace. Good work Sage. Transcending the paradox. Beyond opposites. Just be. Paradoxical unity. The victory is in the surrender. Everything is a glimpse of the perfection of oneness. Effortless effort, without the attachment to outcome. Living without judgement. Effort is one piece of the whole, the rest is non-effort. Don't get caught up in the apparent duality of the right or wrong. Practice your sagemess, and see the bigger picture of the Wheat/Tares process of growing that precedes every harvest. The Wheat will survive and the tares/weeds will be discarded in the harvest.
- 3) How may I serve. "Doing the Tao". The Tao is working for and with U. Bring happiness to your day, and happiness will flow. Rearranging priorities to ensure contentment. Guided by a higher principle. Inventory hopes and turn them over to the Tao. Trust the harmony of the Tao. Don't let desires obscure your eternal connection.
- 4) When quiet, seek the emptiness or Tao flow of energy in silence to be aware of the intuitive self. You, like the infinite Tao, from which you originated, are part of an eternal reality. Being in harmony with the Tao is giving energy to thoughts of healing and peace (not strife or illness). The Tao is an all encompassing supply of well being to partner with. **Prosperity thoughts are energetic instructions to access the infinite self.** Living with an infinite perspective, your identity is not the physical of birth and death. The Tao is life giving energy. Be aware of the limitless source of creative energy that flows through you. Be aware of the worldly ego that judges. Rearrange your thoughts to practice thinking in alignment with the Tao. "Guided by the infinite aspect of yourself".
- 5) The Tao is impartial. God loves everyone. The great invisible provider. The source of all. Harmonize ourselves like the Sage...at peace. Allow the Tao...an ebb and flow to be revered and released. See the sacredness within all. A thought that divides us is not God. Stay focused on the Tao within U. God is inclusion and loves everyone. Be aware of the unbiased source. Harmonize with God's love. Mind loop "Holy Spirit", please bring us peace and healing.
- 6) Whatever makes you feel alive, that is the energy that harmonizes with the Tao. We are co-creating with the U that originated in the Tao. Be aware of the inherent creativity that resonates deep within U.
- 7) Kind and generous thinking is in harmony with the Tao. When we harmonize with the Tao, it's power will flow freely. The Sage who grasps the Everlasting Nature of the Tao, has gone beyond the false identification of the ego, and instead has a living connection to the Tao. Living a Tao centered life rather than an ego centered one removes us from the rat race. It offers inner peace and satisfying fulfillment.

- 8) Try to be in harmony with the present moment. Knowing the truth. Moving in harmony with the present moment. We are 75 percent water and the brain is 85% water. Be like water which just is and flows. The Tao is like water. If water is kept in a container and words of love are spoken at it, creative molecules are formed. Think as positive as you can. Look for the Tao in everyone. Make a special effort to have acceptance, kindness and peace with others. The Tao energy is your peace. Strive to be in harmony.
- 9) As the eternal Tao is in a continuous state of creating, it knows precisely when enough is enough. The Tao doesn't need to show off it's unlimited capacity for creating-it knows exactly when to stop. Moderation. May we live in harmony with this principle of balance. Like the 9 months gestation of birthing a child. "God's time". Trust that God is sufficient. God knows your needs. Be patient. Monitor eating portions. Practice humility rather than ostentation and uncontrolled consumption. Create your own gratitude and comfort aside from foods and the 5 senses. Just be. See the joy in your simple activities. Leave "well enough alone".
- 10) We are connected to the power of the eternal Tao, while being a physical being. Our prayers in Spirit touches the mind of God. We are spiritual yet physical beings. The Spirit is ageless. When we let go of the ego dominating thoughts, we are alive in spirit, and closer to feeling a part of the all embracing Tao. We can surrender the ego and be in this world without being in it. Everything that seems to be absolute, is an opportunity to recognize it's paradoxical unity. Meaning happy/sad etc...think oneness. It's all going to the good. Practicing oneness thinking.
- 11) The way of the Tao is to allow, not try. Allow the Tao. Meditate on the open space. Be attentive to the awesome power of the (your) imperceptible essence. A tree exists because of the invisible life force that created it. We are alive as trees are. Like music is energy vibrations from the source, we are too. Our heartbeat, our minds, our thoughts. Let us harmonize with the eternal love spirit that is life. Like a child is life. So, by loving one another we are harmonizing ourself with the Tao. Music helps to activate the Spirit upon the flesh so that the Spirit is perceivable. The Spirit of "ease"...The free gift of the spirit helps us relax. When we "tune in" to the Love Channel, that is called the eternal spirit, our natural thoughts are of love and kindness. This is a unifying truth within all religions. Love is God is love. Meditation and practice of an instrument or art is a wonderful tool to help re-connect to our vital essence. The process helps us reengage the Spirit. It's a silent yet not so silent reconnection, as our being reconnects with oneness and peace. Let the Tao flow invisibly through our being. Ohhhhhm...peace be with U. Our heartbeat is music. A Child's heartbeat is a truth that love is the essence of our connection to the Tao. Love is truth. So, love and truth "are different sides of the same coin" (Gandhi said)....be sensitive to the essence of your beingness....peace
- 12) A person who lives according to the Tao (The Way) is called a Sage. The Sage has an inward journey that finds inner peace, and inner convictions that replace "the chase" of the 5 senses. Consumerism focuses on appealing to the 5 senses and treating symptoms, not the system. Huge markets exist for this. There is a big difference between "The People's Free market" flows, which seeks exchange of resources, and the sneaky exploitive large capital strongholds that takes the "fruits of labor" away from the flowz that sustain and nurture the People's Freemarkets...Intially in the Renaissance free markets that ended "serfdom" (thanks to technology), the People created the "Free cities" and jurisdictions for freedom...This is the model that was exploited by wealthy merchants before colonialism...domestic goods and services ("just price" and trade guilds) were used against the People and still is today...Freedom

is freedom. Though some capital structures exploit this freedom as an expression of individualism, which ends in a “centralization” not unlike the criticism of historical “socialist” resource centralizations. (Like Sears after WWII...The catalogue made billions selling items as an expression of Freedom. This idea continues today, even as economic disparity furthers, and capital structures gain more market share and wealth, while the Common Citizen faces technology displacement in job markets)... Lao Tzu teaches, If we are locked into the pursuit of sensory satisfaction, we are consumed by the chase. Creative projects nurture an inner chase. An inner chase cannot be bought or sold. It’s a free gift we give to ourselves. The inward journey is infinite and fulfilling beyond vacation packages and temporary sensory desires. We are striving to “open the eyes of our understanding” beyond sight. Like faith and pursuing a vision or project. We sense the satisfaction or achievement, even while we are on the journey towards the destination. The Journey is the Reward. Cultivate awe, inspiration and appreciation for inner touchstones.

- 13) The natural flow of divine energy. The way of the Tao. What one likes are signals to one’s natural flow. Align with the loving essence of the Tao. Don’t feel insecure if someone disagrees with U. This is called “Dependent mind thinking” often our mind is reliant upon external influences and often someone else’s opinions. Allow yourself to be guided by your natural beingness, the natural U, that nourishes your independent mind. We want peace, so when in a disagreement our “dependent mind” tends to go into a dependent mind. Your independent mind is connected to a source of love. Never let another’s assessment be more important than our own. Recognize your connection to everyone and everything from the source of love.
- 14) Recognize your infinite oneness and keep it in your awareness. Being at one with the invisible immeasurable Spirit of God. Not ego things. Not small stuff things. Tapping into this invisible, untouchable, immeasurable force will enable you to gain harmony that comes with being connected to oneness and harmony. Learning to abandon the ego of glorifying “worldly achievements” or “destinations”, while still being human.
- 15) Purpose is to stay in harmony with nature like a sprout. We are in no rush to grow. Have a mind that’s willing to flow with life, and be shaped by the eternal forces of the Tao. We are unfolding in the Divine order. Imagine what you would like to experience and let go. Don’t worry about challenges. There’s no testimony without a test. Pass the love test. Everything happens in God’s time. Be watchful yet seek to be peaceful and alert. Unhurried yet confident. Yielding, yet wait for the peace “in the clear”...Let mirky waters settle. Acknowledge things, yet be relaxed so that the stillness allows things around you to settle, resulting in deep clarity. Life is a story that is shaped by the eternal forces of the Tao. We reap what we sow. Sometimes it’s also a test. Our choice mostly. We will receive God’s Spirit of gentleness and kindness, or God’s rod of discipline. Like Wheat and tares grows, the wheat is the reason for the harvest. So, finding peace in the journey is the reward. Beginner’s mind.
- 16) Lao Tzu says, “Let your heart be at peace. Amidst the rush of worldly here and there...to return the root is to find peace”. We are physical yet also a piece of the Everlasting Tao. View change as a constant. Choose to view change as a part of the cycle of a Tao centered existence so, we have to relax about change. Seeing the world through the eyes of love is being like the Divine. The Divine is the eternal source.
- 17) Lao Tzu says, “The Great Leader speaks little. He never speaks carelessly. He works without self interest and leaves no trace. When all is finished, the People say, “We did it ourselves”.

- 18) The Tao is Spirit. When we are in harmony with the Tao. Our mind naturally finds the heart. Kindness is a natural co-existence. "When the greatness of the Tao is present, action arises from one's own heart...(if not, action is enforced through) rules of "kindness and justice". "When kinship falls into discord, piety and rites of devotion arise. When the country falls into chaos, official loyalists will appear; (thus) patriotism is born". We are kind and just because we are "called" to be. We can alter our viewpoint to a Tao oriented one. If there is any crime, it's hindering the love. Need for control is evidence that things are not Tao oriented. Love one another would solve basic needs, and then it goes from there. "Codes of conduct" are proof that we are not allowing the Tao to flow freely. Group dynamics are group centered, yet in diverse groups, having a Tao oriented view could heal the National community...
- 19) Lao Tzu advises that we reconnect to our true nature as a community, which is simple, inclusive, and sustainable...as opposed to Win/lose (zero sum game), and Profit motives in healthcare that counters motives towards cultural wellbeing. Awareness of the sacredness of the higher principle that gives life. Where there is love there is life. Being a good community member is about understanding interbeing. Interdependency of existence. Seeking oneness is a natural flow. Like some of the villages of the renaissance that still thrive today. Simple love and respect principles. The Tao is the perfect impeccable source of honor and equality. Laws say what they say, and should be honed in relation to higher community life truths. Serving others is purposeful, creates joy, inclusion and enriches Government institutions. A person likes to feel useful. We say so. That's why being Tao oriented and loving is important.
- 20) We benefit by thinking on the source that gives us life. We can practice trusting the source that knows all of us and loves all of us. The enlightened Sage makes a practice of immersing themselves completely in the current "newness" of their life. Be present. Love the moment. God will love you back. Sage...the newness of life. We're here as a guest. Surrender to be aware of the eternal light and abundance available at any moment. Change how you view striving. Value a worry free existence. Relax your efforts, and allow yourself to be. This is very important. As Amit Goswami says: "Life is not just do do do or be be be, it's do be do be do" :o) We are patiently and lovingly surrendering and trying to be present. As Lao Tzu says, if we are dwelling on the past we are depressed, if we are dwelling on the future, we are anxious, if we are focused on the present, we are at peace. Freeing our mind from fears and worries is our "new mind". Peace be with U.
- 21) We all have the same eternal Tao inside. The Spirit within is greater than that which is at work in the world. In verse 21 we return to pondering the mystery of the eternal Tao. The mystery itself is the door to understanding. We can shift our attention to the Tao like the Quantum field. Meditate on the Tao's sacredness. The Spirit is the life breath of all things. Communicate with the source regularly. Ask for it's guidance, and meditate on it's sacredness. Give thanks to God for anything. It works. Gratitude is a healing balm. Quantum physics teaches that particles emerge from an invisible and formless energy field. The more we practice benevolent reverence for the for the invisible Tao, the more we can stay connected. Sometimes tough times are meant for a reminder to relight the testimony. Life is a journey and we are being molded. The Potter and the clay. The Tao/God is from which all of what is is from. God is beyond our comprehension or abilities to put into language. Give thanks for breathe and gratefully ask for grace.

- 22) Allow yourself to focus with the creative source that's energizing everything and everyone in the Universe. "Allow the Tao" gives everyone permission to relax. Let go of having to win arguments. Removing rigidity opens the atmosphere of trust. Thus there is no need for conflict. Allowing the Tao involves flexibility. Be aware of the need for resiliency. Grounding like a palm tree. Exercise the Tao in place of ego. Feel no need to prove yourself. Practice patience.
- 23) Be still and allow yourself to be in harmony with the Tao. The oceans and rivers, waterfalls reminds us of the Tao. Observe things and don't respond immediately. Try to see the world through the eyes of love. See the bigger picture. The ocean tides are waves to and away from the beach. Nice n' easy. After the struggle is the ease...God is getting us ready for the rescue. Follow the goodness of the Tao and you are goodness. Center your mind in a natural way, in Harmony with the Universal Tao. Let go of the desire to force anyone or anything, and choose instead to consciously be the part of the Universal flow. Strive to be at peace. Let go and let God. Make a moment to pause in the midst of strife moments, and remember that serenity and peace are on the way.
- 24) Gratitude nurtures the Tao path. The Tao provides the air for us to breathe. Suspend your ego and seek an attitude of gratitude and generosity for the Tao's creativity. No need for boasting over proving your point. Change your life by consciously choosing to be in a state of gratitude. We practice patience and we practice gratitude. Practice makes progress. Note how your gratitude for another truly nurtures your path, not that of your ego. Peace.
- 25) The Tao is infinite. Eternally present. It is the Mother of the Universe. For lack of a better name, I call it the Tao. Be conscious of the great Spirit Miracle healing energy that flows through you. Like the Gods Earth saying "God at work within U". We are animated by the eternal Tao. We are related to God who created us, something bigger than the self. The eternal Tao is at work within when we let go, and let God, meditating on Love, Moderation and Humility. Focus on meditative moments of gratitude. There is a pure timeless energy that is at work. Like Proverbs 30:5 "God's word is pure, it is a shield to those of us who put trust in the Spirit." Be aware of the greatness that flows through you. Don't be influenced or put off by contrary points of view. God is good. Be humble and at peace. You are connected to the infinite. "If it's difficult, God is getting you ready for the rescue".
- 26) The way of the Tao is stillness and peace. Imagine ourselves surrounded by love and light. Lao Tzu says that assigning blame for your lack of calmness will never bring you to the state of being that you are striving to attain. We have a choice to carry the calmness of the Tao or the confusion of the ego. Maintain a sense of serenity regardless of what you may see taking place around you. The solution for a life of unrest is stillness. We can decide to be a host to God and carry around with you the calmness that is the Tao, or you can be a hostage o your ego. Peace be with U.
- 27) The "knower" of truth lives by an inner light. Develop a trust in the Tao, it will change the way you look at life. Don't get caught in the small stuff or dwell too much on details. The point is love from within for yourself and others, not all the particulars. It helps to try to live more spontaneously. This mindset helps us anytime we are travelling or doing anything. We move through time and space without being overly attached to a plan that covers every possible scenario. Don't try to wrap up every detail in your life. Our work is to raise the collective energy of the Universe. Giving is synonymous with receiving. Giving without expecting anything in return. Develop a trust in the Tao.

- 28) Trust the perfection of the Tao. There is peace when we suspend our ego or expectations and surrender to God. Seek tranquility harmony and peace. By being at one with nature, the Sage is in concert with the Tao. Trust the perfection of the Tao. Let go, let God. Listen intently when you are inclined to offer advice. The Sage is in concert with the Tao. Pray to be in accord with the eternal flow of the Tao. Let the river of life flow through you. Dismiss the ego and expectations of the external world, and allow the Tao to bring you back to natural harmony. We are in the flow of the eternal power when we make efforts to engage the eternal source. Love, Moderation and Humility. Listen intently when you are inclined to offer advice. Choose words. Protect your peace.
- 29) Invite divine natural order in by simply allowing what you're experiencing to go forward without criticism or control. The sage within you desires to be more harmonious with the perfection of the Tao. Surrendering is a mental process and takes practice. Think of the Tao as a Natural law. All we have is a choice. And it takes work to learn how to build a peaceful relationship. Let go of ideas about controlling circumstances. Things ain't what they seem. Seeking to live in harmony with the natural law of the Universe. We are also part of everything, as we are connected to the Tao as one. Life unfolds organically. Avoid excesses and extremes. Ask for Divine Guidance going forward not trying to control or plan every detail. Focus on Love, Moderation and Humility. The idea that the ego can control life is an illusion. Try to get more centered and meditate into gratefulness. Where there is a will there is a way. If peace and quiet is the goal, make efforts to achieve peace of mind.
- 30) The great way of the Tao is that of cooperation, not competition. Violence is not attuned to the way. Sow seeds of peace in life. Anger is not attuned to the way. Lao Tzu recommends an alternative to force for settling disputes. Win/lose must be treated with peace. Always be prepared to defend your hope peacefully. Don't let confusion take the peace from your mind. The Farmer knows to be patient. The Wheat grows, and in the harvest, the tares are in the past. The Farmers of Wheat will study how to better deal with the wheat going forward. Vow to work on restoring love where hatred was before. Avoid bragging and self congratulation. Just chill. "Wu-wei" means "not forcing". "Effortless effort". Learn to be quiet and use words wisely.
- 31) The Tao is about life. Weapons are about death. The Tao is a creative force: weapons are about destruction. Make efforts to be at peace, and in harmony with the Tao. We are all from the originating spirit of the Tao. All People, regardless of their geographical location or belief system, are connected to each other by the originating spirit. Make efforts to re-connect with the life giving force of the Tao. Treat prayer and meditation time with respect.
- 32) Trust in the perfect goodness of the Tao to guide. Allow the Tao. Try to flow with the Tao in everything that you do. We cannot force the Tao. The challenge is to live in our physical world in unison with the eternal. Express gratitude by **riding the flow of your existence** and allowing it to be your ally. When we harmonize with the Tao, we can sense the anointing of ease, which Lao Tzu calls "Your Goodness". There are things in life that you enjoy doing. Learn to find what those things are and find a way to do them. Process should be a cool thing. When you push against what you like, then the more resistance that you create. Like Trading or marketing. Or graphic design, or some People like to code. Some People like working with others. The Tao connects all of us, and is beyond all of us. The reason we have joy when we have vision, is because that is how we connect to life flow. Being in harmony with the Tao includes this peace. Remind yourself that you cannot force the Tao, and that you don't have to be in charge. That, in fact, it's

impossible to be in charge. The nameless force. It moves everything, and gives life to everything. Relax. Give thanks and reset the gratitude. It's ok to be U. Peace

- 33) Understand yourself as a part of the eternal Tao. We are all a piece of the Divine expression of life on Earth. We can strive for a Tao oriented life focus. "Self knowledge": shifting from the acquisition of information and pursuit of status symbols, to understanding and mastering yourself in any and all situations. Remind of the "3 Jewels": Love, Moderation and humility. Don't try to force assertions. Just return to humility and quiet comforting healing peace. Behave from a wisdom that is inherently the Tao. We are always connected to the Infinite essence. As we learn to not react to what were previously agitations, situations will seem less of a challenge, and life will seem more pleasant and at peace. For example, let's replace thoughts of fear with, efforts to address life with hope, and wonder about the future. When we make efforts towards diet and habits changes, and to see the future as a gift, and look forward to it with a smile, we send positive energetics into the future. There are many in the health and wellness community who are like U, and love U. You love them, We love the fellowship of support. Direct thoughts towards those who love you unconditionally. Even from other Countries who teach about wellness. Love is not just geographical. Love is everywhere, eternal and Universal. Love is truth. Know that everything is going to be ok. It really is. The ability to look towards the source of eternal light is an inner strength. Let the Light of the Divine heal every molecule. May peace be your mentality. Be quiet and send loving energy to the world, and to yourself. Just relax. Take care....Let's say thank you to the Universal light within all creation, for helping us heal, and to feel better...not worried or concerned. peace be with U.
- 34) The Tao doesn't ask for any recognition. It just is. Greatness is a Leader that leads without having to boast leadership. Look for the unfolding of the Tao in the world around you. We are all alive and connected to the Tao. The sky and air doesn't ask for anything in return. Try to see the importance in everyone. That everyone had the potential for greatness in their own way. Try not to tell People what to do. Allow People to be who they want to be. Allow the Tao. Life is a journey. You'll begin to see the unfolding of the Tao around you. Be at peace with you Sageness.
- 35) God loves everyone. Physical things are small things. **The realm of passing pleasures is no longer your self identification.** The "Tao self" transcends the physical self. Harmonize with the Tao by seeing the world through the eyes of love. Love centered thinking helps us eliminate "over thinking" and separateness. It allows love to flow more freely. The world nudges the sense away from the flow of love. Let's nudge ourselves back to focusing on the single stream of love that connects all of us. Focus on transcendent thankfulness. If the 5 senses are the primary focus of our lives, that as the 5 senses are not perfect to expectation, "We lose our peace when we want things". Open the self to the unlimited love and abundance of the Tao and you'll attract more of that same love and abundance. Get back to the simple things. Peace be with U. slow n easy steady stable.
- 36) "The Wisdom of obscurity" allows you to eliminate competition from your life and retreat into quiet strength. Lao Tzu is asking us to take it easy, and transcend the thinking that effects your peace. Be independent of the need to compare yourself and fit in. Don't draw attention to yourself. Allow, allow, allow. Find quiet peace and retreat into quiet strength. The world teaches the need to be at the top of the crowd. Technology displacement is teaching that robots will be creating the need for more non-economic focuses. Like learning to live and finding things to do outside of economic processes. Much of Human worth has everything to do with economic

pressures. A Farmer plans a part of the year. This is the natural flow for survival. Not “exhaustion as a trophy” or needing to show exhaustion from work, as an excuse to do fun things or have renewal retreats. Develop a new mentality as a peaceful quiet soul seeking refuge in quiet time. Do things you like for inner peace and joy, not to get the attention of others. We can never know what someone else is perceiving. Just be. Life is not do, do, do. It’s do, be do be do....don’t try to draw attention to yourself...Just chill...peace

- 37)** Your true happiness and peace is connected to the anchor of the universe. Give yourself permission to just be. When dictator leaders interfere with natural rhythms, they create difficulties that are inconsistent with the Tao. Retreat into silence knowing that harmony with the Tao is being well. Wellness is our natural state of being alive. The Tao gives life. When we allow our true nature, we are rested and encouraged. The “5 senses” world of exploited resources is always trying to get the dollar out of the person. The Tao centered Person would wish for individuality to be reflected in life giving free market creativity, kind of like the Renaissance. The opposite of life flow, tries to stifle the natural rhythms which nurture each person’s individual life forces, which add to the communities. Truth is the Tao, natural rhythms, and the lie is the stifling exploitation, and value only as being accumulation of capital. Everyone is an individual and can participate in markets, communities, media. Diversity makes the world stronger. This truth is clear when a person is allowed to get in tune with the natural rhythms, and find harmony with the Tao. A peace centered being.
- 38)** The Tao is infinite and excludes no one. Live by your essential nature which is the Tao. Oneness has no polarity. Lao Tzu was a contemporary of Confucius. When we are in harmony with the Tao, and doing things we like, there is a goodness that naturally develops. So, our true nature is goodness, when we are allowed to be good. Announcing that something is good in the midst of “good and bad”, the thought introduces a polarity. This is the truth found in Airspace Social media. What we learn is that seeing the world through the eyes of love is the best way to be, because as we are channeling energy, others channel us, and it’s a mutual co-existence. This is universally agreed upon.
- 39)** See yourself as part of the Universe. Finding peace. To exist harmoniously within the Universe. Wholeness has roots in humility. When humility evokes our wholeness, we live the reality that we are pieces of the whole. ***The ego is a “separateness”. Respecting the environment is part of holistic thinking. As being part of the 1Universe that we all exist in. We can consider modifying the ego’s viewpoint. When the ego attaches and boasts, we can suggest humility and kindness. To teach the ego a new way of processing thought energy.*** When we strive to be more cooperative, and seeking signs of oneness, we can begin to see and feel the interconnectedness of everything.
- 40)** Our focus is about returning to the Spirit of the Tao while we exist. We motivate, yet we are focused on yielding to the Tao. Quantum physics confirms the existence of “particleless energy” beneath the particles. “It’s the spirit that gives life”. Shed your ego and return to the Spirit. Yield to the Tao. We are all from an originating spirit. So, we can find peace with a glimpse of the eternal light, by quieting ourselves and breathing peacefully to re-connect to the Tao. The Tao that flowz through all life. **When we simplify things and quiet ourselves, we do ourselves a favor, and we can merge into oneness with the truth of 1Spirit that dissolves ego concerns, to see the world as the living being that it is, not fabrications or monetized formulations that**

carry attachments. Sometimes we don't know if we need to calm down. We mostly need to in this world...don't get caught in arguments. Yield to the Tao. Peace

- 41)** A Person that lives in the Tao sees the world quite differently, knowing that inner peace is power. **When we first make the decision to try to find the Tao peace, day to day thought cycles (worldly conditioning) are still repeating, so it takes practice everyday, by speaking positive thoughts out loud and doing small Qi Gong movements to access the eternal Spirit.** For many of us, getting re-connected to the Tao is a process everyday. Our mind is who we are, and how we think effects the energy around our flesh. Positive emotions and love, bring good energy. So if you are feeling down today. Say "I love U, we love U, U are loved, I am loved"...develop positive thinking that effects, and say faith or hope based things outloud to activate the eternal love that is near at all times. Quantum particles exist in a place that is formless. This is a place of Spirit. Our best way of describing this place and the cause and effect on the physical world is the word "probability". So, let's better the probability that we can feel better today. It costs nothing to try to feel better. Oncologists says that our mindset is 50% of healing...Let's be encouraged. It's ok to have Sage moments in life, though the world supports the busy mindset and lifestyles. Let's take courage in our new hope for gentle peace, to be a light to others. What a purposeful idea. When there is purpose, there is joy. Everyone likes to have a bit of purpose. Even a smile is success. Read a small verse, or affirmation or quote that you like. The goodness of the Tao is always a moment away every day. The Tao is hidden and nameless. Peace be with U.
- 42)** Harmonizing with the Tao requires detachments. Gaining by losing and lose by gaining attachments."Your infinite self originates in the Tao. The Tao needs nothing to sustain, yet we need the Tao. So, return to the 3 jewels: Love, Moderation and Humility. We engage with awareness and oneness, through releasing emphasis on physical conditions or "5 senses" attachments or plans that we are relying future fulfillment upon. Practice mental peace. Our mind is who we are. Peace
- 43)** "Teaching without words, performing without actions. Few in the world can grasp it. That is the Master's way". Water is a reoccurring symbol in the Tao. Water flowz. Lao Tzu asks that we flow like water instead of hardness and trying to control things. 75 percent of the Earth is water. It's tough to grasp water in liquid form. Rigidity is not strength, yet patience, restraint and tolerance. The value of "non-action". Effortless effort. Being kind and patient is sometimes the strength that the world needs to sustain. Not haphazard quick decisions that are not strong for the long term. Like the staying power of a person who consistently survives the day to day with grace. Flowing along with the sun that rises and sets on the horizon. Patiently. Thoughts may surface in the mind, yet we need to be still. Like the "Watercourse Way" (Alan Watts)._It's ok to be silent. Nice n easy.
- 44)** Let's try to experience the peace and oneness of the Tao while we are alive. Let's be encouraged. We shift the importance of things. We learn to value our Tao connectedness, and to be reminded to keep the need for peace in the center of our thoughts. The world is full of the paradigm of "strive yet not arriving". Don't let striving obscure your connection to the Tao. Let us arrive by being in the moment, and being ok, with where we are at. Life is a journey. Learn Love, Moderation and Humility. Knowing when to stop talking is a good thing to learn. Nice n easy.

- 45)** Lao Tzu asks that you stop seeing through your ego dominated programming, yet trying to see the oneness of everything because the eternal Spirit of the Tao invisibly exists within everyone and everything. There is a tranquil and invisible space there to get re-connected with every moment. Go beyond superficialities, and the 5 senses to appreciate the fullness of inner peace. A grateful tranquil ease about things. Let the world and all it's creations unfold while you remain constant with invisibleness. The invisibleness allows everything to take place. Engage with the loving peace that is a present spirit within guiding you at any moment. The Tao never runs out. It is eternal. No beginning. No end...beyond our comprehension. The Tao just is. Peace
- 46)** It helps us to remind ourselves that the experience of inner peace, can be the true gauge of our accomplishment. When we truly understand what it means to live peacefully, satisfaction will begin to replace your desire for more. (Hafiz-"One God, many names"). Practice gratitude and contentment everyday. A Nation in harmony with the Tao creates peace, disharmony is war and strife. Invite the magical energy of the Tao to freely flow through you and inform your responses throughout the day. We can choose to be an instrument of peace. Live as if you and the Tao are as one. Spend some time sending peaceful energy to people. The Tao is always listening to us, and we are one with the Tao at all times.
- 47)** You are a single beat in the one heartbeat that is humanity. You are one of the heartbeats that keeps the Tao wisdom flowing freely. We are living by being. We have to remind ourselves of our being, which precedes trying or striving. Everything true must be from the source. That's why People try to get away to renew or retreat. To return to a sense of peace. The opposite force of love, is to makes dry spaces in the mind, which confuses the inner peace of U. An internal knowing. Information is not always knowledge and knowledge is not always wisdom. Effortless effort is like a heartbeat. A heart just beats, we don't try to make it beat, it just does. The practice of meditation, practicing an instrument, scribing your favorite affirmations, saying ohmmmm...this can all help to activate the oneness with the Tao...peace
- 48)** While learning is about accumulating information and knowledge, the Tao is about wisdom, which involves letting go of information and knowledge and living in harmony with your source. By returning to the source through a form of meditation that is peace to U and fun in a Zen way, there is sense of fulfillment even if we having day to day activities that must be accomplished.
- 49)** Namaste: "I honor the place within you where we are all 1". Remember to include yourself when you are dispensing kindness and non judgement. You exists in harmony with the Tao, that excludes no-one and has no concept of divisions. Freeing up "the fixed mind" that tribalizes prejudice and labels in the world. Social identities project on the world into a "mirroring" that exists as static. Notice things without expressing an entrenched position. Relax the mind. Peace is our priority. "Vow to spend a day looking for opportunities to practice kindness in circumstances that usually provoke judgement."
- 50)** The Tao is eternal. Lao Tzu wants us to free ourselves from mortality thoughts. So much of the world is concerned with the future and past. Lao Tzu wants us to be in the moment. Not anxious about the future or depressed about the past. Just present. Knowing ourself as a spiritual being instead of flesh, we liberate ourselves. Aware of the day to day flesh experience and respectful, yet focusing on the eternal. The idea of Christ is "dead to the flesh yet alive in the Spirit"We are connected to the Tao while being alive. Try to think like a pregnant Woman might. The baby is due in 9 months, and the Child needs care for many years. Maybe, think about being present in someone's life who has a child...nice n easy...loving from a gentle distance. Caring about

others. Kindness and peace...Be quietly aware of your infinite essence. Try to sense your Spiritual beingness, without having to assign the oneness to a formal cling of religiosity.

- 51)** “The Way connects all living beings to their source.” We are all in constant contact with a virtuous power that exists within each cell of our being. The hidden eternal spirit is responsible for all existence. This is the place that Quantum physics hints at. “The Hidden virtue”. The Chinese view of the source that brought you into existence is called the Te. Expand your vision and begin to see yourself as a creation of the Tao. Allow others to activate their hidden virtue as well. What People like and their expressions are important. When we listen to others, it’s a way of respecting the Tao within. Don’t try to control. Allow yourself and others to be. Peace be with U. Don’t overschedule life, you might miss the magic. We all originated from an invisible eternal source, not a particle. The Tao is always there to be one with....peace
- 52)** The Originating Spirit connects us all. Just like electricity **flowing through** a conduit, the mysterious invisible Spirit flows through and sustains life. Life is more than a linear experience from birth to death, yet a oneness that we can experience while alive. We are the practice of eternal life. We sense the source beyond our sensory self. Practice relaxed thinking that is not rigid. Seeing the world through the eyes of love, is “practicing eternal light”. Use fewer words. Moderation. This nurtures the strength within. Seeing the smallest mystery reveals the greatest mystery.
- 53)** Lao Tzu appealed to all of humanity to live honorably through emulation of the Tao, rather than from the ego perspective of separateness. The world continues to see division instead of oneness, which is not the Tao. An Interesting quote from “Change Your Thoughts”: “Whole continents of people experience starvation, while a few in positions of power live in opulence and grandeur. Weapons of destruction receive funding while millions live in poverty. Leaders sit down to overflowing plentitude, while the masses scrounge around for ways to feed their Families and heat their homes.” (pg 258) Compassion is the key. Seeing the world through the eyes of love. There is great purpose in seeing the world through the eyes of love. Everyone is special for where they are at. “Make compassion the essential foundation of your philosophy. Peace
- 54)** Even a silent blessing or thought is felt throughout the cosmos. Margaret Mead said “Never doubt that a small group of thoughtful People can change the world. Indeed it is the only thing that ever has”. Live with the joyful awareness that you can potentially have an infinite effect on the Universe. “Tao Consciousness”. See your divinity. In the silent space within U, the Tao animates every breathe and thought. Your life makes a difference. Living in harmony with the Tao, or trying to, brings a “joyful awareness”, and we can radiate Tao consciousness. Recognize the divinity within U. Our seeing the “oneness” of the World is “thinking big”. This brings a peace of mind, and creates a refuge for the mind. The Tao brings life to every breath and every thought. Our mind is who we are.
- 55)** Being in harmony with the Tao is like a Child that accepts others. Living by letting go means releasing worry stress and fear. Allow the Tao to flow through you unimpeded. You attract the cooperative power of the Tao when you release the power to control everything. “The victory is in the surrender”. “Living by letting go”. The Tao is always there to connect with. Our thoughts connect us. This is the enduring, eternal part of ourself. Seek peace instead of worry/stress, and and harmony (effortless effort) instead of forcing. Our mind is who we are. Practice reframing and resetting the day into gratitude. Rooting the mind in love, and allowing what is to be. Peace

- 56)** Lao Tzu suggests that we consider silence as opportunity to connect to the Tao, and find peace. You don't have to prove anything to anyone. We all have an opinion. Living in silent knowing becomes the process that casts your existence in a different light. Don't give unsolicited advice. Many who pontificate are raising the volume of their voice, as opposed to the substance of their idea. Usually attachments to an emotional conviction is the driving force, and not harmony with the Tao. (3 jewels: Love, Moderation and Humility). When we find peace, there is less of an inclination to persuade or convince others. We are allowing the process to be what it is, while sharing the peace of the Tao.
- 57)** Be like the Tao. Allow others to be. "Allow rather than interfere". Authoritarianism worsens a Nation. Love is more of the Tao, and is expressed by quality Leaders. Citizens should be protected, and Business entities and financial strongholds should be regulated to protect the Citizen. Allow Children to trust their highest nature, and not to just obey the "Iron curtain" that is supposed to protect them from their individual connection to the higher self of joy and purpose. A natural happiness, where maybe "time flies by when you are having fun". Enjoy non-authoritarian leadership. Freedom is purposeful and loving when shared with others. Peace
- 58)** It helps to see our circumstance from a bigger picture. If we are unable to see the "Forest from the trees", we can remind ourselves that good fortune is leaning on the bad one, just as Morning follows Night. Life is a perfect place to personalize your ability to live untroubled by good or bad fortune, for you have the opportunity, at every stage to see wholeness. When things are changing, we can focus on the unchanging Tao. As "The grass withers the flower fades, yet the Word of God lasts forever". (Isiah 40:8). Paradoxical unity. It helps to strive to see the wholeness of things. Fog is temporary and 1 city block can fit into a drinking glass. Clouds drift in the sky, night turns into day, and rain evaporates, and it's the Sun that gives life...it's all part of the process. Peace
- 59)** Giving Tao Consciousness. It's important to be a leader who accumulates a warehouse full of virtue by living in accordance with the Tao. Then our life will interfere less with the way. Allowing ourselves and others to be. In harmony with the Tao. There are Leaders who don't think that People can be leaders of themselves. This is not the Tao. Love, Moderation and Humility is the Tao. We live by example and try to encourage the Children to live in harmony with their natural higher nature consciousness. We are more energetic when we strive to live in Tao Consciousness and not ego directed. We accumulate God points. "Treasures in Heaven". Giving, and thinking purposefully. Lao Tzu calls this "the secret of long life and lasting vision". Shakespeare said "My crown is in my heart, not in my head....my crown is called content"
- 60)** As Tao awareness on Earth grows, priorities will shift. Refuse to engage with strife. The Tao is not destruction. Like Peter 3:15. Always be prepared to respond with peace. The Tao gives sustaining energy to everyone. Visualize a protective shield around you that harmonizes with the Tao. As "Word is Bond" awareness gathers one person at a time on Earth, priorities will shift. If you sense that negativity is being directed at you, surrender to a peaceful place and let your kindness return to you. Take your peace back. Refuse to battle with strife. Lao Tzu taught that love and cooperation were stronger over time than competition and revenge. Change mental energy to sending positive kind thoughts to all, and trust that this love will shine. Visualize a protective shield around you. Pray to harmonize with the Tao.

- 61) Lao Tzu teaches of the importance of learning to be peaceful and still. Yin energy. Like Christ. Like the rivers flow into the stream. Lao Tzu knew that by subjugating egos, that Nations could find peace. Not by force. The way of nature.
- 63) Lao Tzu wants us to think in moments... all we ever get is right now, and that's it...don't use your present moments to worry ...gratitude each segment of the day
- 64) a journey of a Thousand Miles begins with one step. a tiny seed planted and nurtured grows into a forest.
Every goal is possible from here. Be conscious of prevention rather than waiting for challenges to materialize.
- 65) nature is silently and invisibly ever-present. The Tao is about inclusion because everybody is connected to the spirit of the Tao. The organization is a system of which you are a part. Oneness. The effective leader guides others to their own nature. The saying "time flies when you're having fun", is because the person is enjoying what they're doing. The Tao is love and peace so it's a reminder...stay simple-hearted, and keep in mind that nature never forces anything to grow but a silently and invisibly ever-present.
- 66) humility gives it its power... leading by serving. The humanistic view. The Tao is perceived as Natural Energy, and only asks to live in harmony with nature. Nature's great symbol is water.... like rivers that flow into the ocean.... the sea level beneath.... no judgement or exclusion. We can lead by serving.
- 67) the three Treasures of the Tao: Love (mercy), moderation/Simplicity and humility. Tao Harmony...from humility to Tao energy. See the world through the eyes of love being harmony with the Tao.
Humility is surrendering to a force greater than the ego. ...when we send out love and respect for all it's easier to be in harmony with the Tao.
- 68) harmonize with the Tao, the virtue of non-competition. Cooperation.
- 69) find a way to see Oneness. Your treasure is your peace of mind and your Tao connection. We work at being Tao Center people.
- 70) The Sage dresses plainly even though the interior is filled with precious gems. Return to the Invisible Source and shed your Troublesome ego. Surrender and allow the God sustaining energy...life-sustaining Tao energy. Strive for Joyful non-judgemental piece.
- 71) we want to be thinking non-attached Tao Centered thoughts. Love, kindness, patience and peace. Sickness is out of balance with the well-beng from which life originated. There is Harmony and non Harmony transitions...between both we should try to balance our thoughts with the source.

72) know that there's something great and enduring that animates all existence. The metaphor of nature is a Sagelike acceptance. The reason it's crucial to have a sense of "Awe" is because it lessens the ego's hold of your thinking. Two components that work together for a harmonious life, is a sense of all, and total acceptance. Try to see the invisible Tao moving through everything.

72) harmony with the Tao leads to life. Speak less and listen more. Heaven's net is invisible and Silent; the force that provides you with energy, breath, and holds the universe together at the same time in harmony.

The Tao works with Divine timing, so everything is completed as precisely as it should be. Slow your pace and harmonize with heavens way.

74) Live in harmony with Tao...when in harmony, mortality is irrelevant... don't impose your beliefs on others... make a commitment to exist in harmony with the Tao and know your infinite Tao nature. Be comfortable with change: realize that change is a constant allow the Tao.

75) the Tao is empowering people. Using positions to take care of Ordinary People... this is what the ruling class would be doing if it was in harmony with the Tao. Letting people find their peace while encouraging and nurturing is in harmony with the Tao.

76) be flexible....be a disciple of life...by listening, we can learn to listen more to others, and to allow our viewpoints to be challenged...then bending when necessary knowing that we're choosing strength... while maintaining our own mindset of peace and Harmony and deliberative (weighing thoughts, balancing) thinking.... yielding yet strong within our understanding....being gentle we all become Disciples of life.

77) the Tao at work invisibly keeping a Divine balance.

78) remember to stay flexible in humility, knowing that you're in harmony with the Tao. Like the Tao, water is elusive, until you stop grabbing at it.

Water is an element that is referred to throughout the Tao Te Ching. The "Great Way"

79) you're Tao nature wants to be at peace and live in harmony. Treat things with love not, lists of what a person did wrong. Eliminate mental attachments that are resentments...then we are free from harboring bitterness. Forgiveness to yourself, and the other person. After the struggle is ease.

80) we should vote for candidates that find peaceful ways to deal with conflict. Staying close to Nature and taking pleasure and simple things is satisfying. Begin to practice joyfully appreciating the simple things.

81) giving more, arguing less, releasing attachments. Oneness. U and the Tao are 1