

TOASTMASTERS
INTERNATIONAL®

The Way of the Tao

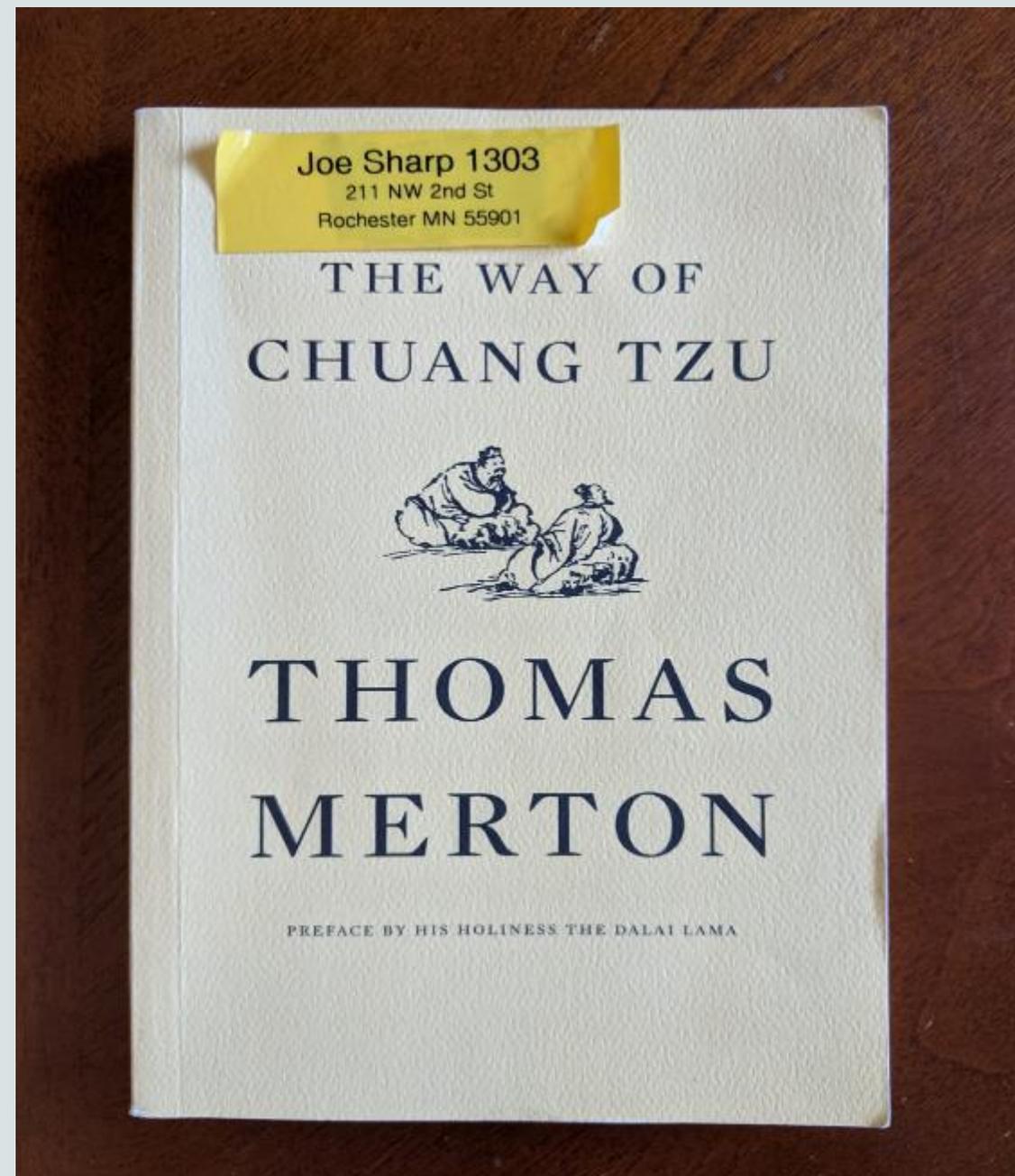
Faithfully Speaking Toastmasters

Madhura Choudhary

8/11/2020

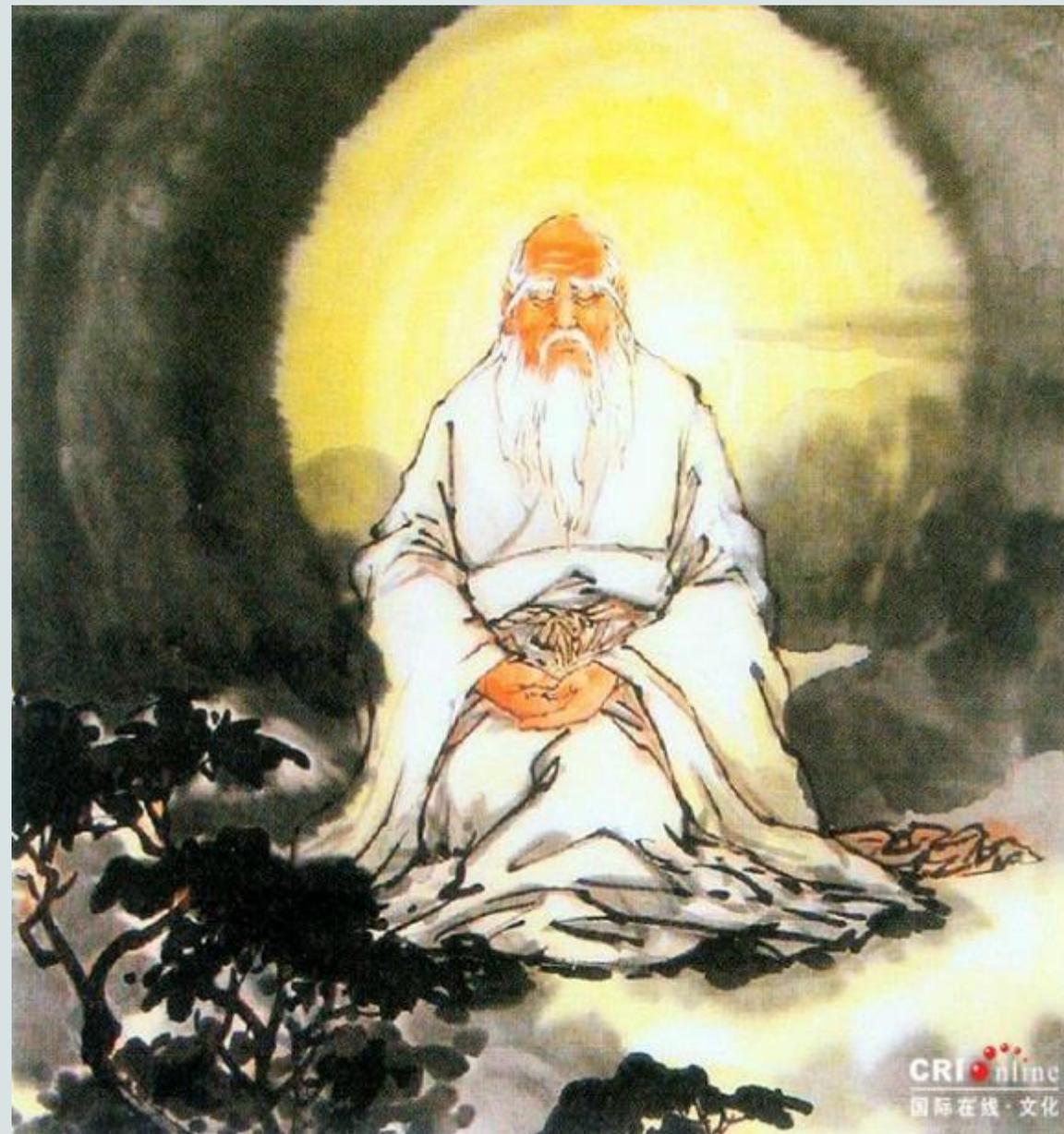
Topics

- ▶ Meaning
- ▶ Origin and Prevalence
- ▶ Key Concepts
- ▶ Masters and Texts
- ▶ Beliefs
- ▶ Finding Your Way to the Way



What is Taoism (Daoism)?

- ▶ Philosophy, religion and way of life associated with Daode Jing (Tao Te Ching), a philosophical and political text written by Laozi (Lao Tzu)
- ▶ Origin and Prevalence
- ▶ Tao/Dao: way, path, road, course, speech, method
- ▶ Te: power of this way/Tao to bring Tao into realization



Path to Understand Taoism

- ▶ Indefinable – difficult to grasp
- ▶ Start within yourself
- ▶ A system of belief, attitudes, and practices set towards the service and living to a person's nature
- ▶ Simply accepting oneself leading to inner peace
- ▶ Go with the flow and be in harmony with nature

Masters and Texts

- ▶ Lao Tzu, literally translated as “Old Teacher” was the enigmatic author of the Tao Te Ching who lived around the 6th century BC.
- ▶ Chuang Tzu (Zhuangzi) followed Laozi (Lao Tzu)
- ▶ Developed doctrines
- ▶ Greatest prose writer of the Chou Dynasty



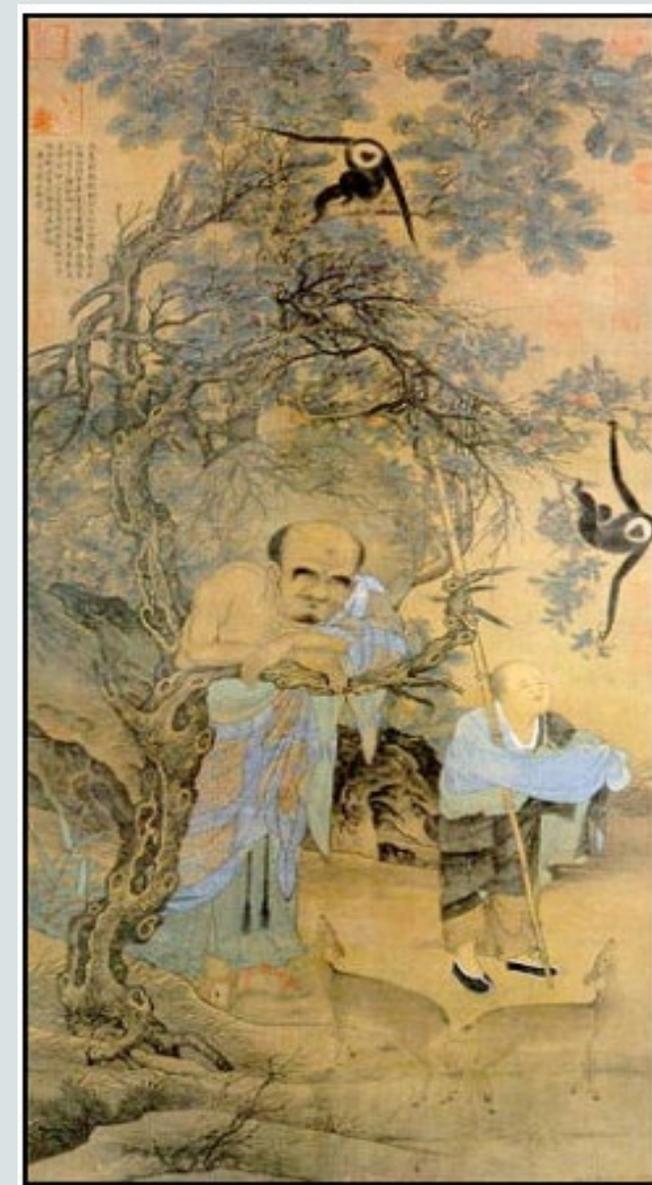
Beliefs

- ▶ Humanity – primary focus of Taoism
- ▶ Yin Yang – flow of chi between polar forces
- ▶ Man's Will – place will in harmony of the natural universe
- ▶ Three Jewels of Tao
 - **Compassion**, kindness, and love
 - Moderation, **simplicity** and frugality
 - **Humility** and modesty
- ▶ Basic movements



Beliefs

- ▶ Belief in Deity – focus on Tao
- ▶ Incarnation and Death – accept life and death as complementary
- ▶ Good and Evil – any action is expected to have some negativities (yin) and some positivity (yang)
- ▶ Salvation – do not believe in salvation
- ▶ Immortals - perfect beings are known to dwell far away in an untroubled place



Taoist immortal

Finding Your Way to the Way

- ▶ Taoism in simplest sense is loving life as it is; loving yourself as you are, loving other people as they are, and keeping your life in balance
- ▶ Taoism encourages you to dance even in the chaos of life; bask in the joy of being you, being able to serve others, and being able to understand the universe



Thank You

“Simply follow your nature”

References

- ▶ <https://mysticalbee.com/beliefs-of-taoism-religion/>
- ▶ <https://kaiya.co/blogs/news/the-beginners-guide-to-taoism>
- ▶ <https://personaltao.com/taoism/what-is-daoism/>
- ▶ <https://www.britannica.com/topic/Daoism/Daoism-and-other-religions#ref42169>
- ▶ <https://www.britannica.com/topic/Daoism/General-characteristics#ref59046>
- ▶ <https://www.britannica.com/topic/Daoism>
- ▶ <http://factsanddetails.com/china/cat3/sub10/item91.html>
- ▶ <https://personaltao.com/taoism/taoism-101/>