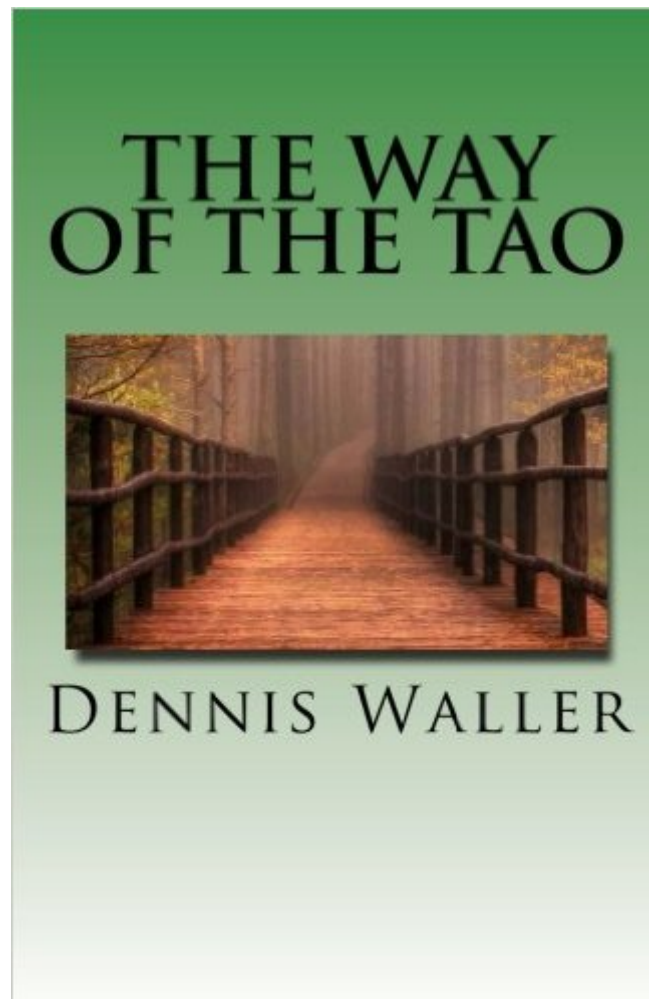


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# The Way Of The Tao, Living An Authentic Life: Lao Tzu's Tao Te Ching, A Treatise And Interpretation



## Synopsis

A treatise and interpretation of Lao Tzu's Tao Te Ching by Dennis M Waller. The Tao is an ancient philosophy of living in the natural world. It shows the way of how to get back to being your Authentic Self, your Spiritual Self. The Tao has the power to help you reclaim your life from the temporal ego identity that is imprisoning you. With the Tao you can discover your Authentic Identity by getting back to the being-ness and oneness of living in the Divine Consciousness. Through discovering these truths we can become the creators of the universe instead of the passive observers we have been. We can learn to live life in the infinity of the now verses living in the clutches of the Ego. The Tao shows us how to grow detached from the ego identity by becoming in direct contact with our true intent and motives that was meant for us. When we do, we begin to see ourselves as we truly are. It is being authentic that we become reconnected to the divine source. What is the Way of the Tao? It is the way things are in their own natural progression of life and death. The way of intelligent design as shown in nature, this is the way of the Tao. It is the way without dogmas, formalities or religion. To live in the Tao is to live in peace and harmony. The Tao gives you the knowledge of being one with the higher realm of divine consciousness and to experience the innerconnectiveness to all living things. It is to have the awareness of being in this world while knowing that you are not part of it because you are more than all of this. You are one and 10,000 things at the same moment. You are the song that the bird sings, the breeze blowing through the trees, the fish swimming in a brook, the warmth of the sun shining from above, the coolness of the earth below your feet, you are life and death, all at once and not at all. There is no separation in the Divine Oneness. The Tao contains the power to liberate you from the ego-imposed prison of the dualistic world. Living in the Tao can bring a deep inner peace and a reconnection to the divine source. The wisdom of the Tao is in a practical sense, a way to live life with the clarity of knowing the universal truth. When you are living in the Tao, you will see resistance and opposition fade away. Conflict and stress will become distant memories. The issues of life become irrelevant or will simply disappear once you start living your authentic self with the Tao. The Tao shows how to transcend all those insurmountable obstacles that the ego has created. There is another level of existence that is the real, true, genuine substance of who you are. This is the authentic self. The authentic self is the real you that can be found at your absolute core. It is the part of you not defined by your job, function, nationality, religion, race or role in life. It is the composite of all your skills, talents and wisdom. It is all of the things that are uniquely yours and need expression, rather than what you believe you are supposed to be and do. The choice we need to make is whether to trust in our own nature, to be of a pure heart and mind or to live in a world where we are trying to control everything. We have seen that

going against our nature provides no comfort or satisfaction for our souls. For authentic satisfaction, for true peace, we must learn to realize who we are and where we came from. The truth is all around us. You can hear the voice of god in the laughter of children at play and in the songs of the birds. You can see God in all his glory throughout all of nature. It is all around us to see and experience. Remember you are part of this universe and here to experience it. Be your Authentic Self and be one with it all. To live in the Tao and live your purpose is to live life to the fullest.

## **Book Information**

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## **Customer Reviews**

While reading this very inspiring book, I felt my mind slowing down, becoming more serene, and becoming freed from its own self-imposed tensions. It was a comfort to read this book. While reading it I felt contained and held by the text. This is a beautiful book. I especially loved the poetic animistic nature parts. While reading these parts of the book I experienced the visceral ecstasy of gazing into oneness. I felt connected to myself and to the universe as a whole. The book is divided into two main sections: The first section includes a basic introduction to the Tao, with some basic information about the the origins of the Tao and its translations and influence today. The author makes the beautiful point that a translation is in fact an interpretation, and that the Tao has been translated and interpreted in numerous ways. The remainder of the first section consists of the author's perspectives on the Tao. This part of the book was very enjoyable to read. It has a conversational tone, and weaves in various philosophies and spiritual ideas, including words from contemporary thinkers such as John Lennon. There were some very insightful comments about religion in this part of the book. The second section of the book is the author's own translation of the

Tao, called, appropriately, 'An Interpretation'. I love that this author acknowledges that a translation is in fact an interpretation. I enjoyed reading this 'interpretation' of the Tao after having already read the author's reflections on the Tao, as this gave me some insight into why he translated-interpreted it in the way he did. I loved reading the Tao. It is simple, beautiful, and profound. I love the idea of paradox, which the author discusses early on in the book.

"A mirror reflects reality; it reflects the images without judgment or prejudice. The mirror doesn't create attachments to the images nor does it create an identity of itself based on the images." - Excerpt from "The Way of the Tao" Yesterday I received another block in receiving my work. In fact just about every week I am delayed when personnel in head office delay in sending information to complete my work on time. I have spoken to them on numerous occasions but can't seem to get anywhere with them. Some weeks I get angry; other times I just let it go and burn the midnight oil to complete the job on time. I think "why are they trying to sabotage me?" "What am I doing wrong?" and then last night I prayed about the situation. This morning I read The Way of the Tao and the above excerpt jumped out at me. My life experiences are only a reflection of what resides in me. Now the question is how can I change that reality into something that is more peaceful. And I realized at the time that when I just let it be; situations just flowed; they have a way of working themselves out and for my good I might add. What Dennis has done with "The Way of the Tao" is remind me of that. Remind me that it is ok to let it be. That when we hold no attachments; or judgments we are in fact practicing the Tao. We have though; become so conditioned to anxiety that we believe that this is the proper way; that this is the way life is lived. I find myself reading Dennis' books in one sitting because his explanations are so profound that you want to absorb them all at once. Bite size pieces only to be taken in the second sitting. The way of the Tao is also helping me to enjoy the simplicity of life.

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