

"The Practice of Dao: Diminish Daily"
(Laozi's Daodejing/Book of the Way and Its Power, Chapter 48)

WUWEI

From Undoing to the Practice of Nothing

THE THREEFOLD UNITY & THE THREE LEVELS OF PRACTICE

XING/THE BODY	QI/THE CONNECTOR	YI/THE GUIDE
<p><i>Human Body</i></p> <p>We have a shape, the body, with many capacities, of which we use very little. We start the practice with the body we have and transform it so that we can use all its potential and improve its health.</p>	<p><i>Breath</i></p> <p>We usually breathe very superficially and make our body literally lack breath. Yet this breathing is what we start to work with, changing our breathing in a spontaneous way by changing our body and mind.</p>	<p><i>Thoughts/Feelings/Emotions</i></p> <p>We are drawn to the outside world by our senses and lose ourselves in a multitude of often conflicting feelings, thoughts, and emotions. We first need to understand how thinking and feeling should work, so that we can stay "inside" and at ease.</p>
<p><i>Cosmic Body</i></p> <p>Once the body releases its inner power and harmonizes its circulations, we are ready to expand our body beyond its boundaries by improving its connection with its surrounding: society, the world, the macrocosmos/the universe.</p>	<p><i>Vitality</i></p> <p>Once breathing becomes subtle, deep, soft, and long, the body becomes stronger and healthier and we increase our lifespan. Our creative powers are released and body and mind renew themselves continuously. We can use universal Qi to live well and longer.</p>	<p><i>Open-Mindedness – Focus – Emotional Harmony</i></p> <p>Once we get rid of internal conflicts we can open up our minds and feel emotional harmony, which makes us happy. We are not led astray by thoughts and emotions and can use pure focus to achieve what we want.</p>
<p>Dao</p> <p>The body of Dao is shapeless, yet it creates all shapes. Uniting one's body with Dao makes you lose your limitations and enjoy creation. That is your Authentic Self.</p>	<p>Dao</p> <p>That which connects us with all else is shapeless and empty, yet it is full of potential. Through profound refining of Qi we become Dao. Then we find Authentic Breath.</p>	<p>Dao</p> <p>Yi guides us towards losing all that harms and hurts us to experience the blissful harmony that comes with uniting with Dao. We call that Authentic Yi.</p>

The Practice of Wu/Undoing/Diminishing

Knowledge	Action	Speech	Forcing	Shape	Desire
<p>Most of what we know has been taught. Although this is useful to do our jobs, to win arguments, etc., it also frequently blocks our inborn knowledge and wisdom and complicates things. We can't find simple solutions anymore. Natural reactions that are healthy are changed into harmful behaviour that shortens our lifespan and makes us feel lost in our own lives. In Taoist practice we try to restore our original knowledge and wisdom.</p>	<p>We do things for a purpose. Every deed should be useful. At least that is what we have been taught. But what if these purposeful deeds harm you and make you unhappy? Life is short, why not try to make it a happy one? Follow natural spontaneity. In Taoist practice we daily diminish negative thoughts, feelings, and actions.</p>	<p>The Old Master, Laozi, tells us that his teaching is without words. Yet we do need words to bridge the gap between Taoist practice and our modern lifestyle. These words should be meaningful, helping you to understand life and improve it, enjoy it to the full. We avoid empty, deceitful, beautiful words that lead nowhere. In Taoist practice we don't use idle talk.</p>	<p>We are taught to be tough, go against the tide, force our way. Laozi associates toughness, forcing yourself, and being stubborn with damaging your life and even death. What he advocates is softness, adapting, being like water: it is the softest on earth, but can overcome anything. It is the source of life. In Taoist practice we follow the path of least resistance.</p>	<p>We observe shapes as that what distinguishes one thing/being/us from the others. But this learned observation also creates thoughts and feelings of discrimination, of being different (better?). Beyond shape there is connection: we are related with and connected with everything and everybody. In Taoist practice we stress oneness, uniting, and limitlessness.</p>	<p>We learn that we need to have things in order to be successful and happy. We need to be known, make a name for ourselves, be somebody. We need money, lead a material life. We need power to achieve things. And some day we realize that all this can vanish in an instant. There is another way, where not being pushed by desire makes you know what is enough and be content with it. In Taoist practice we are not driven by desire; we know what is sufficient.</p>