

# TAOISM

## THE TAO- PATH OR WAY

### THE THREE MEANINGS OF TAOISM

1. **ULTIMATE REALITY-** Totally transcendent, the womb from which all life springs and returns. Cannot be clearly perceived. God? Nirvana?
2. **WAY OF THE UNIVERSE-** Driving and ordering force behind all of nature. Flowing. Spirit immanent in matter.
3. **WAY OF HUMAN LIFE-** When human life meshes with the Tao

### THREE APPROACHES TO TAOISM

1. **PHILOSOPHICAL TAOISM-** Attitude of life. Conservation of te. practice of wu wei.
2. **TAOIST HYGIENE-** Increase vital energy- ch'i. Herbs, foods, medicines, exercises (T'ai ch'i), acupuncture, meditation.
3. **RELIGIOUS TAOISM-** Taoist priests, wizards, exorcists, etc. help harness power to assist the average villager. Folk religion- rites, rituals, gods and spirits, magic.