



# Taoism: A Friendly Beginners' Guide on Taoism and Taoist Beliefs

*Jordan Jacobs*

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Taoism teaches the basic principles of living a long and healthy life. The Taoist principles help us understand the inseparable nature of the self and the nature of the cosmos, to participate in the natural flow of events. To gain knowledge about Taoism is the cultivation of a thought process of growth, self-exploration, and transformation and to link our inner self with the surrounding world. This is the way to engage ourselves in the realm of the Tao.

What are the implications of Taoism in our daily lives? Can we apply the principles of Yang and Yin in our personal lives? If we wish to enter the realm of Tao, we need to have the willingness to accept the natural flow of activities and events. If we are aware to the ever-changing facets of nature, we will have the strength to create harmony. If we aren't aware, we will be affected by self-conflicts due to the circumstances.

The first principle of Taoism is to develop an awareness of the natural things and understand these are interconnected as a part of the whole universe. The universal viewpoint states that everything is Tao. Good fortune is Tao; misfortune is also Tao. We must not pit one side against another but urge ourselves to determine a relationship between the opposites. There is a popular idiom: "there are two sides of a coin". Following this principle, you must appreciate both situations; it helps us embrace the situation. People become empathic as they understand the other side of the experience and imagine how they would react in a similar situation.

Secondly, you must recognize and embrace the natural flow of change. People struggle often, as they cannot accept failure. If we recognize the cause of the failure, we will try to overcome the weaknesses and be able to solve problems at the early stages. The natural wisdom enables us to act appropriately.

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