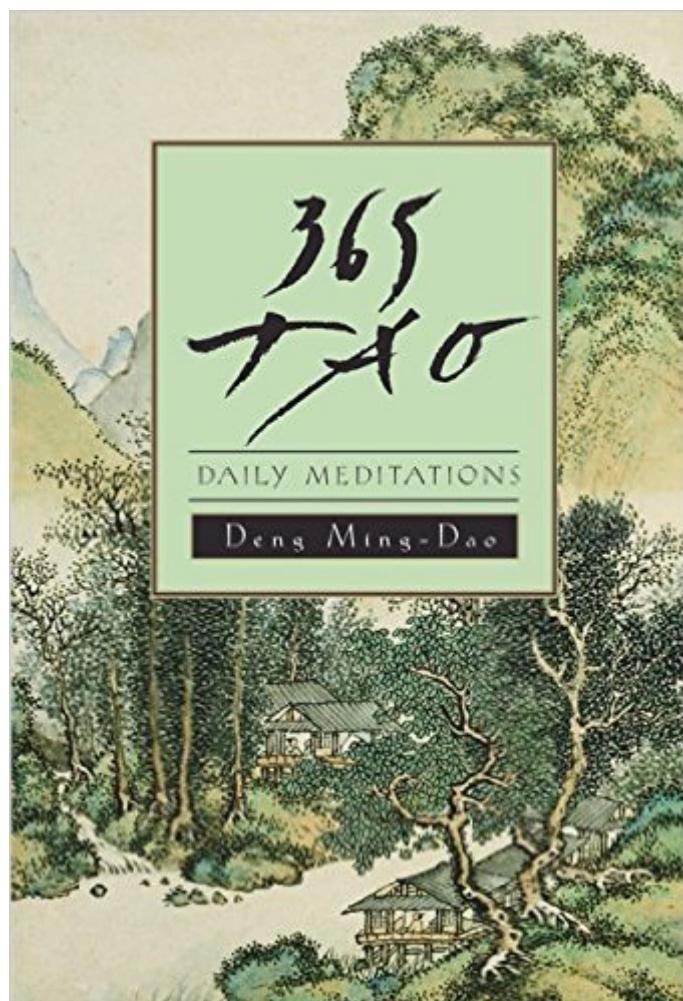


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# 365 Tao: Daily Meditations



## **Synopsis**

Place the word Tao Into your heart. Use no other words. The Tao is constantly moving, the path that all life and the whole universe takes. There is nothing that is not part of itâ "harmonious living is to know and to move with the Taoâ "it is a way of life, the natural order of things, a force that flows through all life.365 Tao is a contemporary book of meditations on what it means to be wholly a part of the Taoist way, and thus to be completely in harmony with oneself and the surrounding world.Deng Ming-Dao is the author of eight books, including The Living I Ching, Chronicles of Tao, Everyday Tao, and Scholar Warrior. His books have been translated into fifteen languages. He studied qigong, philosophy, meditation, and internal martial arts with Taoist master Kwan Saihung for thirteen years, and with two other masters before that.

## **Book Information**

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## **Customer Reviews**

After years of study, several of them with Daoist masters, learning classical Chinese to read the Daoist classics in the original, I have found this book to be the finest book on the subject written in English. Chinese Daoist writings do not translate into Western languages very well. Terms crystal clear in Chinese become muddy waters in English. Deng Ming-Dao does not translate words, he has managed to express Chinese ideas in English words. I have vainly struggled to do so in order to share my insights with my husband. I treasure my copy of this books so much that I am purchasing a copy for him.

365 Tao: Daily Meditations has been a constant companion for me over the last 6 months or so. As suggested by the book, I read one short passage corresponding to the current day, every day, and try to keep it in mind. Sometimes I only think about it for a few minutes. Sometimes it sticks with me for hours. Every once in a while a particular thought will stay with me for weeks. That, in essence, captures the nature of this book: small vignettes of Taoist thought, presented not with forcefulness but with conviction, as an exercise for self-reflection. Whether you embrace Taoism, reject it, or are simply curious, the book presents for your perusal the author's own thoughts and meditations on broad-reaching, universal subject matters: getting through difficult times, appreciating what you have, balancing your day, living a better life -- but without annoying preachiness. I recommend buying this book and keeping it with you for the rest of your life. Certainly the last 6 months with it have been beneficial to me. Each morning, looking at the next passage is a joy, not a chore.

365 Tao is a small book that holds a wealth of wisdom without the "new-agey" feel some might expect. From the first meditation titled "Beginning" to the last titled "Continuation", each turn of the page is a joy. Commentary by Deng Mind-Dao is thought provoking and enlightening. A nice feature included is the appendix, showing which meditation to read on each day. Great idea for people who didn't start on the 1st of the year. It's also further divided into the Northern and Southern Hemispheres. The perfect companion to start each day.

This paradigm ("now here's today's lesson") has of course been done to death, but I've found no better example of the genre than this one. (re)Reading today's (August 12) meditation: "For a true master, Sitting on a throne Is no different than Sitting on dirt" (224 -- "Indifference") I was moved to check out what other readers thought about this minor masterpiece. I was pleased -- but not surprised -- to see that it is generally getting the tribute it deserves. Ming-Dao repeats this same format (a one-word concept, accompanied by an elegant Chinese calligraphy for that concept and an aphoristic synopsis of it, followed by a meditation on it) in his Everyday Tao (also highly recommended), but I find that I really need the discipline of "today's lesson" to keep me centered in the ideas he so eloquently presents.

This book has sat by my bedside for 5 years now, on a very regular basis I just pick it up and read a page at random, and it always speaks words of wisdom to me, that are relevant to whatever situation I find myself in. It is beautifully written, and full of words of wisdom and kindness. It has taught me new ways to deal with life's ups and downs. On a deeply subliminal level it has improved

how I think and address situations. I have bought this book as a present for my dearest friends and family. It has totally enriched my life, and I expect I will be referring to it for the rest of my natural life.

I picked this up right after reading the Tao of Pooh and was very impressed. The book is very well organized and he stays on a subject for several entries in a row but has the skills to switch to another subject before he beats it to death. I do think that he had some misplaced ideas, like you having to be in certain places or in certain seasons to feel the Tao. I think that the Tao is everywhere and timeless. Well worth a read but Deng may be a little too strict and monastic for some readers.

Since August 28 2000 I have been reading the daily meditation each morning before breakfast. The words lead me to thoughts that empower the day. I have used the meditations in my sermons at the Unitarian Universalist pulpit. This book is important to me. While visiting Sacramento, CA this summer, my car was broken into. The thieves stole my Daily Meditations. I felt deprived as I have never felt before. My hope is that the thieves (or thief) use the book and finds a better way to live.

I've only read the first 49 so far (about 1/7th the total) and I'm blown away. My original thought was to read one at a time, reflect on it and then move on. I do that but all are so good I keep reading. The format makes it easy to read a little here and there and each page is both accessible and profound. Just buy it.

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