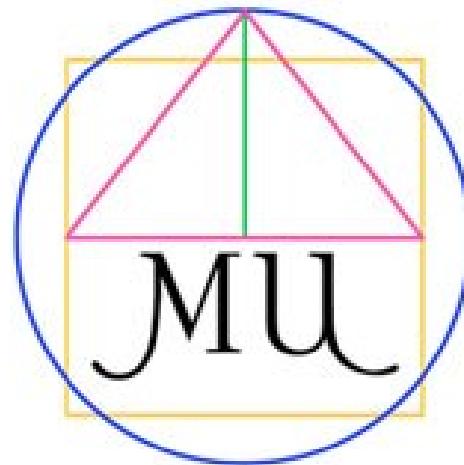


Meru University

INSPIRE ENLIGHTEN EMPOWER



MeruUniversity.org

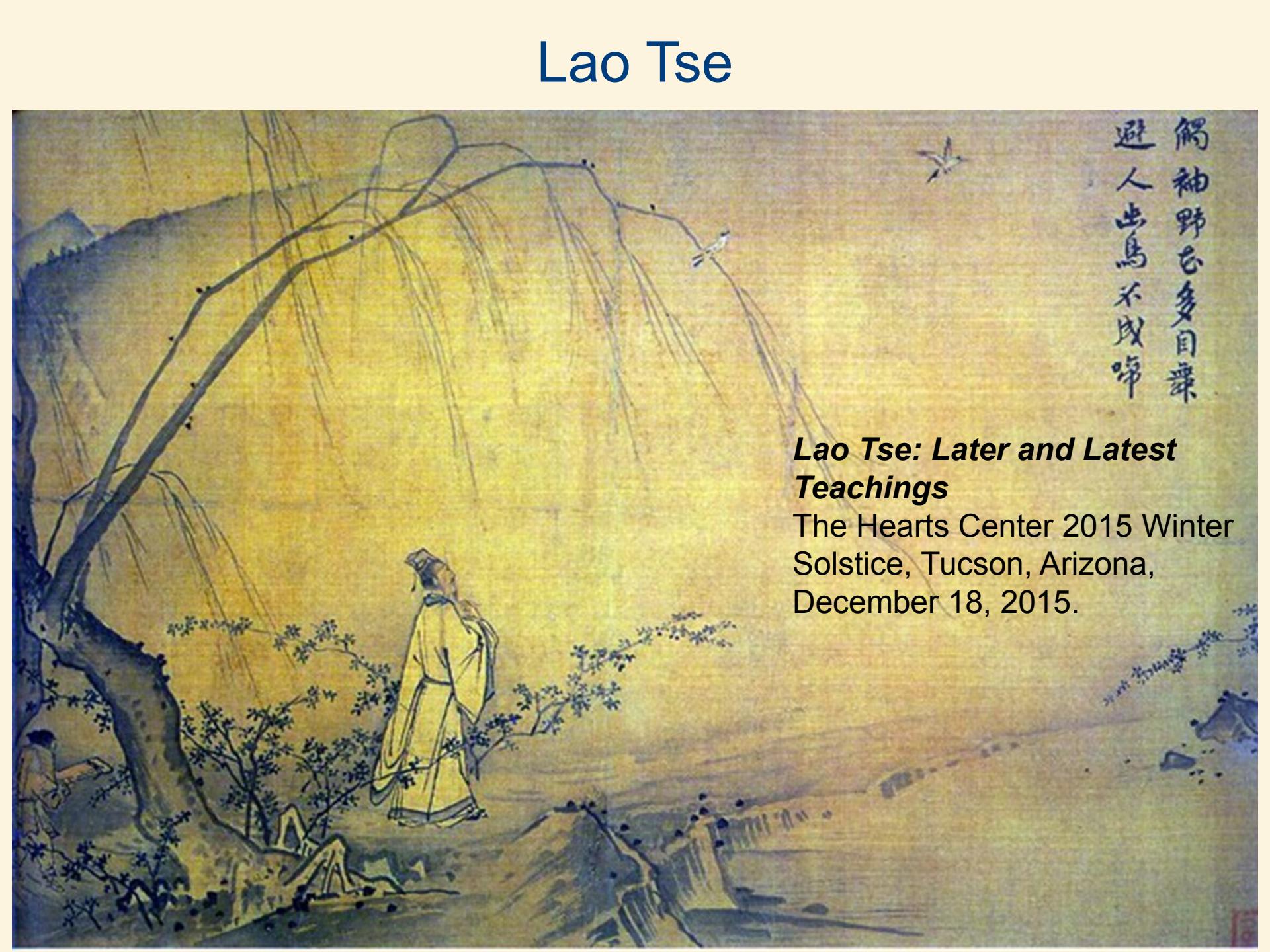


The Power/Wisdom/Love of the Tao



Cathleen Alexander
June 11, 2017

Lao Tse



鶴袖歸忘多目葉
避人鳩鳥不成啼

Lao Tse: Later and Latest Teachings

The Hearts Center 2015 Winter Solstice, Tucson, Arizona, December 18, 2015.

What is the TAO?

The **Tao** that can be spoken of is not the Constant **Tao**. The Tao that can be told is not the eternal Tao.

It is from the unnamed Tao
That Heaven and Earth sprang;
The named is but
The Mother of the ten thousand creatures."

(Tao Te Ching, v1)



Tao Te Ching is the central **Taoist** text, ascribed to **Lao-tzu**, the traditional founder of Taoism. Apparently written as a guide for rulers, it defined the **Tao**, or way, and established the philosophical basis of Taoism.

https://en.wikipedia.org/wiki/Tao_Te_Ching



Tao Te Ching, Verse 1

The Tao that can be spoken of is not the Constant Tao.

The name that can be named is not a Constant Name.

Nameless is the origin of Heaven and Earth;

The named is the Mother of all things.

Thus, the constant void enables one to observe the true essence.

The constant being enables one to see the outward manifestations.

These two come paired from the same origin.

But when the essence is manifested,

It has a different name.

This same origin is called “The Profound Mystery.”

As profound the mystery as It can be,

It is the Gate to the essence of all life.



The Tao that can be told is not the eternal Tao. The name that can be named is not the eternal name.

The Tao is both named and nameless. As nameless it is the origin of all things; as named it is the Mother of 10,000 things.

Ever desireless, one can see the mystery; ever desiring, one sees only the manifestations. And the mystery itself is a doorway to all understanding.

Affirmation by Wayne Dyer
I choose to enjoy living the great mystery. The Tao that can be named is not the Tao.

*Living the Wisdom of the Tao:
The Complete Tao Te Ching and
Affirmations*

What does Tao Te Ching mean?

“The name that can be named is not the eternal name.”



- ‘Tao’ is 道. It has several meanings: ‘the way’ or ‘the path’ or the underlying principles of the universe.
- ‘Te’ is 德. It is often translated as ‘virtue’ or ‘the application of Tao’.
- ‘Ching’ is 经. It can mean a classic or scripture.

Alternatively, ‘Tao Te’ – 道德 – as two syllables of one word. ‘Tao Te’ as a word is often translated as morality: ‘Book of Morality’.

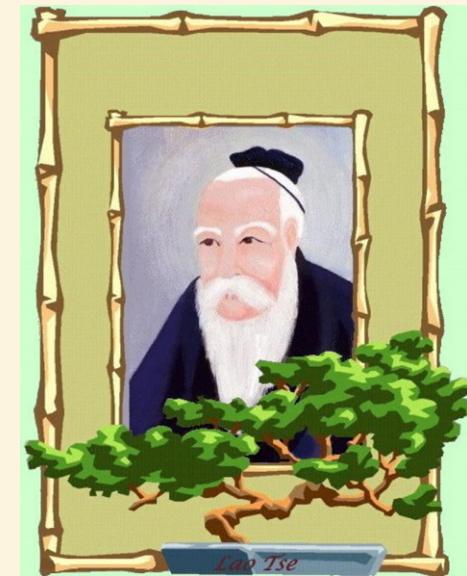
- Morality is more a subject of Confucianism.
- Lao Tzu’s focus is not on morality, as it is dictated by men.
- Lao Tzu teaches us to **abide by all the laws of the universe** rather than those set out by men.

<http://tao-in-you.com/what-does-tao-te-ching-mean-2/>

Another interpretation of Tao

For Taoists, *tao* meant 'the way the universe works' and ultimately something very like God!

Arthur Waley, *The Way and Its Power*



<http://www.thegreattao.com/>

“In the beginning was the Tao, and the Tao was with God, and the Tao was God.”

- The Word is God
- Logos is God



I AM the Te Tao Ching realized through the
silken radiation of my Solar consciousness.

Lao Tse, Nov 5, 2015

Tao Te Ching – the Way of Virtue
Te Tao Ching – the Virtue of the Way

The Purpose of Tao

- To venerate the Heavens and the Earth.
- To worship God and revere all Holy Beings.
- To be patriotic, loyal, and responsible.
- To be of virtuous character and uphold the Rules of Propriety.
- To carry out the filial duties to one's parents.
- To honor and respect one's teachers and elders.
- To be faithful to friends.
- To live harmoniously with neighbors.
- To rid oneself of bad habits and evil, and to pursue good thoughts and deeds.
- To expound upon the Five Bonds of Human Relationships and the Eight Cardinal Virtues.

The Purpose of Tao, Cont'd

- To continually develop one's innate wisdom and natural abilities until perfection is achieved.
- To establish and reach one's own goals and to help others do so.
- To transform the world into a peaceful, honest, and orderly society.
- To enlighten the minds of people and enable them to return to a state of benevolence.
- By pursuing this path, to bring the world into a state of equality, fraternity, harmony, welfare, and justice – the World of Great Harmony.

The Purpose of Tao, Cont'd

- To preach the main principles of the founders of the five world religions.
- To obey and respectfully practice the Four Ethical Principles, the Three Mainstays of Social Order, and the Five Constant Virtues.
- To cleanse the mind, purify the soul and eliminate unclean thoughts.
- To cultivate one's true-self by utilizing untruths.
- To recover one's original Buddha-nature*.

Taoist Definitions

- **Tao** - means God, Truth, path, way.
- **Holy Beings** - Buddhas, Sages, Immortals, Saints, Angels, and Deities in cosmos.
- **Filial piety** – To joyfully love, honor, respect, support, be obedient to one's parents, and also to let them live worry-free lives.
- **The Five Bonds of Human Relationships** – between sovereign and minister; parent and child, husband and wife, brother and sister, and friend and neighbor.
- **The Eight Cardinal Virtues** – filial piety, brotherly love, loyalty/honesty, truthfulness/trustfulness, propriety, righteousness, integrity/purity, and shamefulness.
- **The Four Ethical Principles** – propriety, righteousness, integrity/purity, and shamefulness.

Taoist Definitions

- **The Three mainstays of Social Order** – between sovereign and minister, parent and child, husband and wife.
- **The Five Constant Virtues** – benevolence, righteousness, propriety, wisdom, and truthfulness/trustfulness.
- **True-self** – The true, the real; Buddha-nature, thus always, eternally so; unchanging or immutable.
- **Untruths** – Unreal, false, fallacious. In I-Kuan Tao, Taoism, and Buddhism, it means nothing is real and permanent; all is temporal, phenomenal, empirical, fallacious, and unreal.
- **Buddha-nature**: Bodhi-nature, true-self, real-self; the absolute as eternal existence



Why Now?

Today's culture requires a modern yet **ancient moral renewal** founded upon the dialectic of divine love and the philosophy of the compassionate heart.

Godfre, December 4, 2016

Long ago, many illumined beings walked upon the land of ancient Chin, and they wielded the spiritual fire of Solar joy to bring forth majestic teachings. Even today these are acknowledged as essential for humanity as a whole, with their values and principles of behavior that encourage compliance with the law of one's inner being so that each one might walk gently, harmoniously in the **Tao** and shine forth the light of the soul within the world to fulfill his or her purpose.

Much of the teachings of **Confucius** and of **Lao Tse** have not been broadcast, acknowledged or incorporated into the textbooks of today, and yet they should be, blessed ones. For they provide an impetus of basic spiritual understanding and knowledge that would provide many with a foundation for a more conscious life.

Jophiel, March 9, 2013

Lao Tzu's “Tao” and Emerson’s “Oversoul”



The “Tao” is illusive in nature while the “Oversoul” is perceptible through the experiential nature

- “Actionless activity” to follow the “Tao,” vs
- Active reform for self-perfection and spiritual independence with the **power** of the “Oversoul” realized from within

Similar attempts by the two great thinkers

- to seek a way out of the social reality
- for a more meaningful life

The Power of the Tao

Mastering others is strength.
Mastering yourself is true power.

He who conquers others is strong;
He who conquers himself is mighty.

Overcoming others requires force.
Overcoming yourself requires strength.



When the best leader's work is done the people say,
"We did it ourselves."

To lead people, walk behind them.

Silence is a source of great strength.

The Wisdom of the Tao

I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures.

Respond intelligently even to unintelligent treatment.

To the mind that is still, the whole universe surrenders.



Knowing others is to be clever; knowing yourself is to be enlightened.

If you would take, you must first give; this is the beginning of intelligence.

The power of intuitive understanding will protect you from harm until the end of your days.

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.

Love is of all passions the strongest, for it attacks simultaneously the head, the heart and the senses.

From caring comes courage.

The Love of the Tao



Because of a great love, one is courageous.

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

Surrender your self-interest. Love others as much as you love yourself. Then you can be entrusted with all things under heaven.

Nature and Virtue

Verses 4 and 8

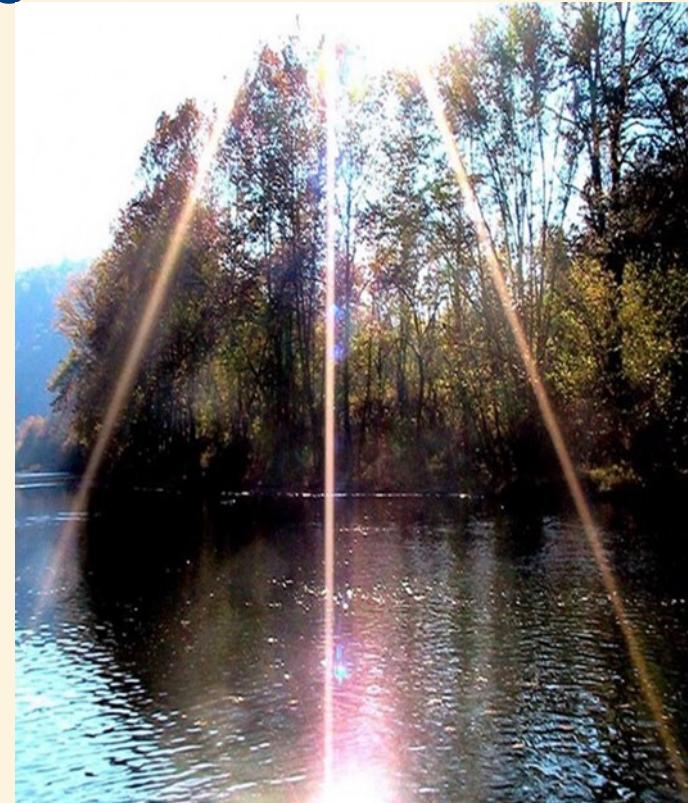
The Tao is infused into the nature and put
to use without being exhausted.

Tao is so profound and yet invisible
It exists in everywhere and anywhere.
I do not know who gave birth to it
It existed before heaven and earth.

A person of virtue is like the flowing water.
Water benefits all things and contends not
with them.

Water puts itself in places that no one
wishes to be and thus is closest to Tao.

A virtuous person is like water which
adapts itself to the perfect place.



The Great Tao

Verses 14 and 15

What cannot be seen is called the invisible. What cannot be heard is called the inaudible. What cannot be touched is called the intangible.

These three cannot be examined and comprehended. And hence are mixed together as one.

This “Oneness” is the Tao which is invisible, and formless.

By abiding with the original Tao, one can master the presence.

He who knows this “**Origin**,” shall know the teaching and principle of the **Great Tao**.

The ancient Tao cultivators were subtle and mysterious.

They were of immeasurable profundity...too subtle to be known

Reverent, like an honorable guest.

Open-minded, like an empty valley.

Harmonized, able to turn turbid water into clarity

A person of Tao maintains peace to achieve pureness of the mind, not be disturbed by the worldly desires.

A person of Tao unifies and harmonizes with all beings.

Humbly, one is able to embrace the original “**Oneness**,” the **Great Tao**.



Prayers with the Tao



3.000 70,000 Angels Blessing

Bless Hindus, Taoists, Zoroastrians,
Christians, Muslims, Buddhists, Jews.
Bless aunts and uncles, nephews, nieces,
70,000, cousins, too!

70.003 Arcturus, Blessed Elohim

Increase the flow of sacred Tao
Within our sacred centers now.

Song 37. Great Divine Director

Blessed, holy master,
Raise the Earth this hour
In the Tao each moment,
We intone God-power.

Song 49. Kuan Yin's Ten Vows

O beloved, dear Kuan Yin,
I AM living in the Tao.





Prayers with the Tao



20.005 Lanto's Lanterns

He calls you to remember, O souls of ancient Chin,
The **Tao** and Confucius and the Buddhic light within.

50.017 I AM One with My Divine Presence and All Life!

I AM teaching sentient beings the Way,
the **Tao** and the loveliness of oneness.

Song 139. Omri-Tas, Govinas

Violet light of Omri-Tas and
Govinas blazing,
Circles round our planet now,
Raising all within the **Tao**,
Healing all in mercy flame
By the sacred I AM name.



Prayers with the Tao



20.010 Maitreya's Loving-Kindness
O laughing Buddha from the East, your
*tertons** gather now
To sound the AUM, intone the sacred
mantras of the Tao.



70.010 Kuan Yin, Come!
Mercy flame, help all souls now
To be loving in the Tao.

30.007 Prayer of Gratitude
Gratitude in action now,
Flowing in the sacred Tao.

80.002 Babaji, Babaji, We Love You!
Babaji, Babaji, come right now
As we live in sacred Tao!



Prayers with the Tao

20.021 Prayer to Lao Tse

Beloved Lao Tse, enfold me in the **Tao** of your causal body...

I am surcease of all outside the **Tao**...

My mouth and consciousness are still, and the **Tao** within is fully in balance...

I AM the **Tao** and I understand all...

I live and move and have my being within the crystal **Tao** of your heart...

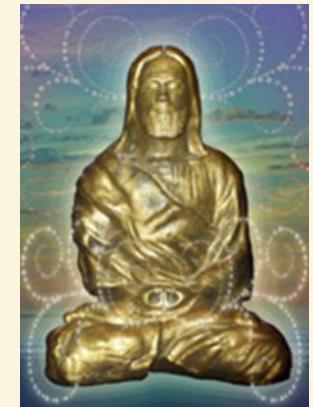
The wisdom I have gleaned and the understanding upon my brow are manifest now in the **Tao** that I AM...

I am truly the All in all that I already am in the **Tao**.

I remain in the center while all around me swirls.



Tao of Revitalization: Internal Exercises



The Inner Smile

Increasing Chi through the Cultivation of Joy

Inner smile originates from Self-Love towards our own body.

- The secret of true love is to be lovable!
- To be loveable is to possess a smile that says “I love you” with a heart filled with joy and gratefulness

Smiling to the organs promotes deep relaxation and internal health.

- Dissolves the physical and mental tensions that cause energy blockages and unhealthy chi flow
- Charges the brain with transforming Chi from the heart

Shows us how to

- Recognize illness at its inception on the organ level
- Balance the emotions to heal illness

Tao Internal Exercises Video Meditation
Please participate!

Lao Tse's Teachings on Solar Awareness



I AM the balanced realization of Li, Kun, Dui, Gen, Kan, Xun, Qian and Zhen manifesting as my Solar awareness of the ancient Chinese Eightfold Path.

Lao Tse, Nov 5, 2015

The Bagua: Eightfold Tao

Tao of Philosophy:
Strategies for
Complete
Achievement

Tao of Success:
I-Ching, Universal
Laws of Success

Tao of Mastery:
Prognostication
System

Tao of Revitalization:
Exercises for
Self-Healing

Tao of Balanced Diet:
Regular Food Diet for
Health and Beauty

**Tao of Forgotten
Food Diet:**
Taoist Herbology

Tao of Healing Art:
Healing Methods

Tao of Joy-Making:
Sexual Wisdom and
Methods

Sand Painting



The Buddhic-Tao Eightfold Path



Right effort/
Diligence

Right action/
Determination

Right
mindfulness/
Full awareness



Right speech / Uplifting
communication

Wind, Self -
Employment

WEALTH
Hip
Green/PURPLE/Red

FAMILY/
PAST
Wood
Foot
East
GREEN

KNOWLEDGE/
SPIRITUALITY
Hand
Black/BLUE/Green

Mountain,
Wisdom

FAME
Fire
Eye
South
Red

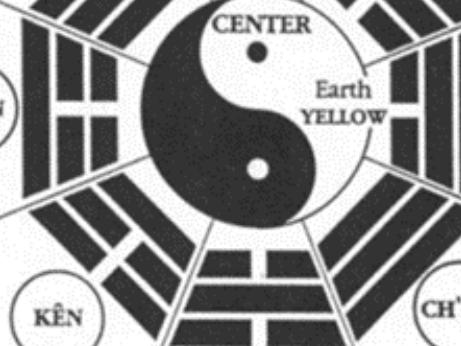
LI

Earth

RELATIONSHIPS/
MARRIAGE
MOTHER
Organs
Red/PINK/White

CHILDREN/
CREATIVITY
FUTURE
Metal
Mouth
West
WHITE

HELPFUL PEOPLE/
TRAVEL
FATHER
Head
White/GRAY/Black



Right
concentration/
Absorption

Right intention/
Emotion
/Aspiration

Right view/ See
the nature of
reality

Right livelihood;
Ideal society

Alpha- Omega Buddhic-Tao Path



Wind ~
Right effort;
Diligence

Yin Love *
Tao of Success

Thunder ~
Right action;
Determination

**Yin
Wisdom ***
**Tao of
Diet**

Mountain ~
Right
mindfulness;
Full
awareness

Yin Power *
**Tao of
Herbs**



Fire ~ Right speech;
Uplifting communication



Omega * Yin * Water
Tao of Revitalization

**Yang
Power ***
**Tao of
Mastery**

**Yang
Wisdom ***
**Tao of
Healing
Art**

Yang Love *
**Tao of
Philosophy**



Earth ~ Right
concentration;
absorption

Marsh ~
Right intention;
Emotion;
Aspiration

Heaven ~
Right view;
Seeing the
nature of
reality

Omega *Yin * Water
~ Right livelihood;
Ideal society



Alpha Buddhic-Tao 8F Path

Fire ~ Alpha ~ Yang * Tao of Joy

Right speech: I realized the Tao of joy first in children's laughter.

(Jesus, December 19, 2007)

Earth ~ Yang ~ Power * Tao of Mastery

Right concentration: Release and dissolve all impracticalities and impossibilities into the nondual **Tao** of oneness.

(Serapis Bey, Nov 19, 2016)

Marsh ~ Yang Wisdom * Tao of Healing Art

Right intention: "...Wave patterns of peace manifest—indestructible, unshakable, immovable... It is the way of light; it is the **Tao** of being. It is the perfected crystal of Self flowing, expanding and quickening within all the heart, the mind in Buddhic balance and synchronistic presence."

(Akshobhya, Sept 9, 2014)

Heaven ~ Yang Love * Tao of Philosophy

Right view: "...Awaken, O mankind, to the light of eternal truth and the wisdom of the holy Mothers of heaven. Awaken and know your Source, the light of truth, the light of beingness, the **Tao** of compassion, kindness, virtue and holiness.

(Jophiel, March 9, 2013)

Omega Buddhic-Tao 8F Path

Water ~ Omega ~ Yin *Tao of Revitalization

Right livelihood: "Each initiation is a thrust of light that will assist you to move through that work sublimely, in the flow, in the **Tao**."

(Jesus, Nov 27, 2008)



Mountain ~ Yin Power * Tao of Herbs

Right mindfulness: "Entering that One Mind is key. And maintaining mindfulness as you traverse the Stations of the Cross, the Path of the Middle Way Eightfold or the **Tao** in the Alpha/Omega, yin/yang cyclings of light through your being, will hold you within that presence of perfect peace whereby the mind emanations of the One may be yours to know."

(Djwal Kul, February 18, 2008)

Thunder ~ Yin Wisdom * Tao of Balanced Diet

Right action: "In the **Tao** of mindful preparation for any activity, you enter the circle of peace, the blessedness of peace; and those harmonic waves and nurturing energies of Spirit will then be there for those whom you serve graciously..."

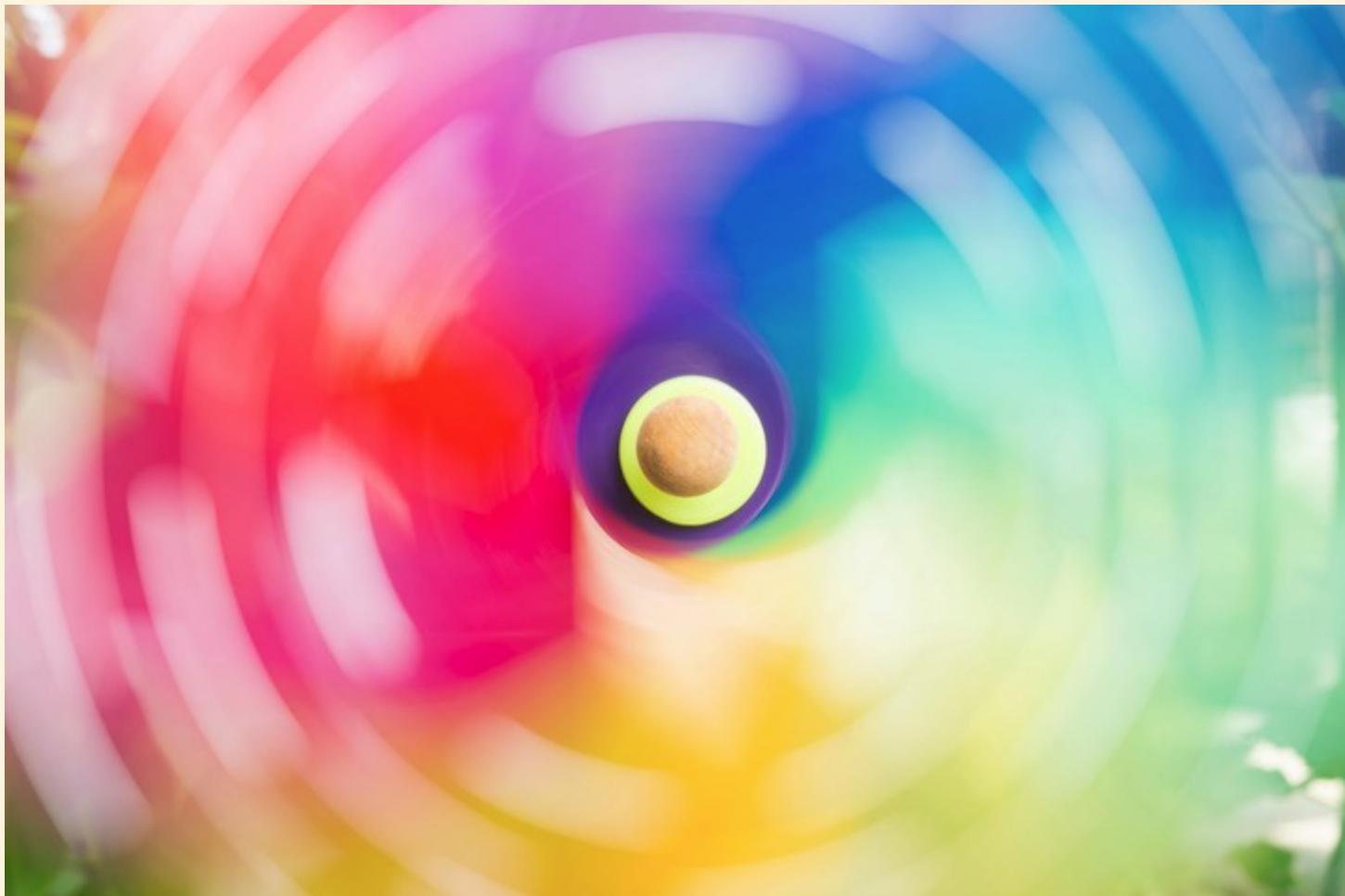
(Kuthumi, 110806)

Wind ~ Yin Love * Tao of Success

Right effort: "And through your work, your energies are raised, the kundalini ascends and points of illumination, as God consciousness, penetrate your being, illumine your crown and bring you greater God consciousness."

(DCL inspired by Manjushri, Dec 4, 2008)

Threefold Tao Oneness



Time for Sharing!



I AM always fulfilled in God's will, wisdom and love.

Jesus' New Affirmations 3-29-17



Silence is a source of great strength



HeartsCenter.org

Few things under heaven bring more benefit than the lessons learned from silence and the actions taken without striving.

Knowing others is to be clever. Knowing yourself is to be enlightened. Overcoming others requires force. Overcoming yourself requires strength.

Living within the Tao

Beloved Lao Tse

August 8, 2013

Within the Now

Within the Eternal Tao



Cherished Ones Who Live within the Now within the Eternal Tao,

I come radiating a rainbow of effulgent light, and I sprinkle upon you, each one, God's essences as a multiplicity of virtues. Yes, these crystalline frequencies that you call God-qualities I have ingested and amplified and now, by the grace of God, delivered to you as an infusion of light so that you may feel deeply a new type of connectivity with your Presence through all of these Holy Spirit gifts, which are yours to use, to share and to simply enjoy.

I believe that the spiritual path can be a happy path, one of great levity, laughter and light. And that is why within the Tao there is a **rebirth daily**, as each one's spirit is renewed within God's heart and a **new type of mindfulness** may emerge as angelic voices promote the harmonization of the spirit within the soul and body temple of each one.



Think on this, blessed ones: you are cherished of God. And as, with the Buddhas, you **awaken a little bit more each day**, staying focused as you turn your attention upon the sun and your own Solar Presence,



your roseate nature smiles upon the universe and the **gentility of your essence** is perfused throughout the domain in which you live, the **multiverse within which you radiate light.**



HeartsCenter.org

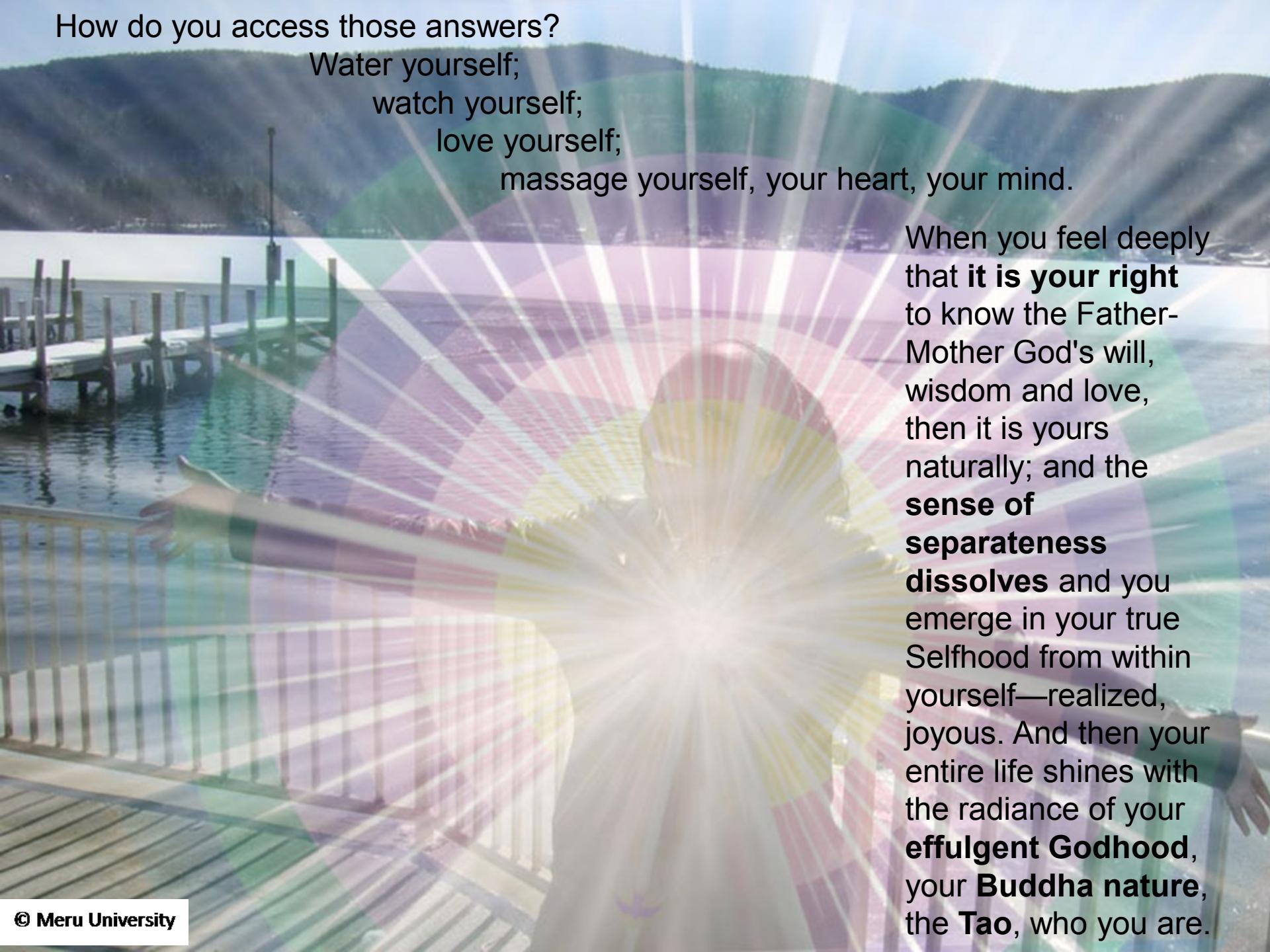
Who am I?

I am the one who some have called **Lao Tse**. And the Tao in which I exist is available for you to live within when you are **harmonious**, when you are **present**, when you live within the **centrality of your heart**—yea, your **inner beingness**.

Some use the **I Ching** as an opportunity to have questions answered through an age-old matrix of mindfulness embedded within answers that arise through a simple means of tossing those little sticks and seeing how they land.



Well, dearest ones, I would bring you up to date in the **eternal Now** by letting you know that although there is often great wisdom within this matrix, there comes a point on your path when you, in a very decisive way, realize that every answer to every question that you may have along the way of your **Tao experience exists within you.**



How do you access those answers?

Water yourself;
watch yourself;
love yourself;
massage yourself, your heart, your mind.

When you feel deeply that **it is your right** to know the Father-Mother God's will, wisdom and love, then it is yours naturally; and the **sense of separateness dissolves** and you emerge in your true Selfhood from within yourself—realized, joyous. And then your entire life shines with the radiance of your **effulgent Godhood**, your **Buddha nature**, the **Tao**, who you are.

O precious hearts, you too may be representative of the **ray of integration**, which every Buddha models so magnificently, through your life lived to the glory of God.

How will this be for you from this day forward?

I offer your higher mind certain keys to maintain both the **inner and the outer sense** and **realization of your completeness** as you are fully integrated within yourself, within your God Self.

This **integration process** continues through your learning experiences, through all of the dynamics that manifest through your **relationships and communications** with your **co-workers, loved ones, family and friends**.



ST <lucia1@inbox.ru>

When you step back and become more observant of yourself in the process and all that manifests through your daily experiences,

you will find that you will witness consciously those things that may yet remain to be improved, supplanted, transmuted, while also feeling deeply the **new you** emerging graciously as you **master all things**, all frequencies **within the Tao**.

Claiming your masterful Self and the completeness of who you are daily is essential within this **integration process**. And after you **claim it**, then dearest ones, **breathe deeply**:

feel and allow and accept this completeness, this integration to be fully present within your life.



Each of you is a **starry being**. And this day I see the **beautiful you**, the **magnificent** being who you are, manifesting in every way so that you, each one, may truly be **joyous** and live in that **eternal light of the One**.

[Lao Tse sings for 50 seconds.]

Through this simple melody of light, I have embellished within your auric field essences, shining crystalline patterns that will allow you to be ever present each moment in a greater and more profound way—living in the **Tao**, breathing in the **Tao**, musing on the **Tao**, fulfilled and present in your **Tao**.



I thank you for your witness to your Source, our God, the All. Peace, presence always.

Resources

<http://tao-in-you.com>

<http://www.thegreattao.com>

<http://www.with.org>

<https://en.wikipedia.org>

<https://www.universal-tao.com>

Dyer, Wayne . *Living the Wisdom of the Tao: The Complete Tao Te Ching and Affirmations*. Hay House Inc., 2008.

Jing, He (2008). *Seeking the Meaning of Life: A Comparison of Lao Tzu's "Tao" and Emerson's "Oversoul."* Intercultural Communication Studies XVII: 1 2008, Beijing Foreign Studies University. 21-He-Jing.pdf

Waley, Arthur. *The Way And Its Power: A Study of The Tao Tê Ching And Its Place in Chinese Thought*. Grove Press, 1958. ISBN 0-8021-5085-3



[To enter live webinar classroom,
click here!](#)



- Choose "Enter as Guest".
- Type in your first and last name.
- No password required for Adobe Connect.

Make a donation
to support our free classes!

[**DONATE NOW**](#)

Questions about the course? E-mail
MUregistrar@heartscenter.org.

Problems accessing Adobe? Technical
questions? Call our Technical Support Desk at:
972-747-5110

Course Survey

We would love to hear your thoughts about
MU 1713 The Power/Wisdom/Love of the Tao.
Please respond to our short survey
by clicking on this link.
Thank you for your feedback!

[Link to Course Survey](#)



Complete the Survey

Go to the course page
and click on the link to
complete the survey.

Upcoming Classes



The Art of the Initiate

SUNDAY
JULY 9, 11 AM - 1 PM MDT

DONNA DRIGAN

HEARTFRIEND WISDOM SERIES

Upcoming Classes

Free Class!



MeruUniversity.com



The Compassion of Kuan Yin in Today's World

SUNDAY

JULY 16, 11 AM - 1 PM MDT

AIDA BAUTISTA RODRIGUEZ

HEARTFRIEND WISDOM SERIES

Upcoming Classes

Free Class!



MeruUniversity.com



Strengthening the Pineal through Higher Solar Imagery

SUNDAY

JULY 23, 11 AM - 1 PM MDT

LISA DELANEY

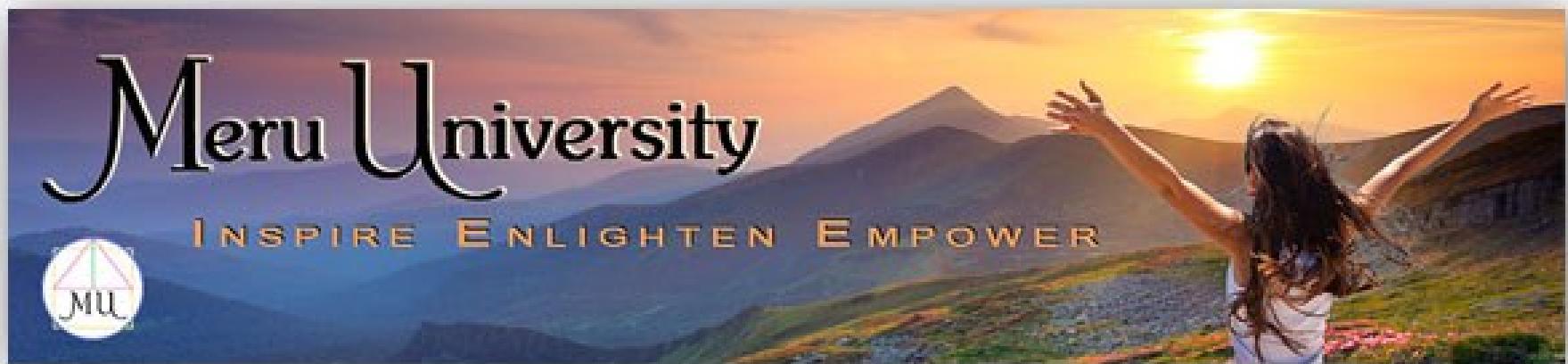
HEARTFRIEND WISDOM SERIES

Thank You

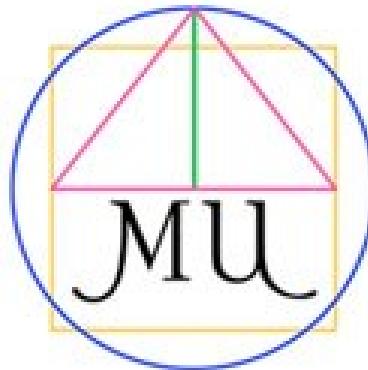
Cathleen Alexander

Meru University Staff

The Hearts Center Creative Arts Team



Copyright © 2017



MeruUniversity.org

