



These readings are from the Summer 2024 program's meditation segment.

They were taken from [the Tao Te Ching by Lao Tzu Translated by Stephen Mitchell](#).

Each one is only a portion of the passage.

64

The journey of a thousand miles
starts from beneath your feet.

48

In pursuit of knowledge,
every day something is added.
In the practice of the Tao,
every day something is dropped.

25

The Tao is great.
The universe is great.
Earth is great.
Man is great.
These are the four great powers.
Man follows the earth.
Earth follows the universe.
The universe follows the Tao.
The Tao follows only itself.

44

Fame or integrity: which is more important?
Money or happiness: which is more valuable?
Success or failure: which is more destructive?
If you look to others for fulfillment,
you will never truly be fulfilled.
If your happiness depends on money,
you will never be happy with yourself.
Be content with what you have;
rejoice in the way things are.
When you realize there is nothing lacking,
the whole world belongs to you.



33

Knowing others is intelligence;
knowing yourself is true wisdom.
Mastering others is strength;
mastering yourself is true power.

67

I have just three things to teach:
simplicity, patience, compassion.
These three are your greatest treasures.
Simple in actions and in thoughts,
you return to the source of being.
Patient with both friends and enemies,
you accord with the way things are.
Compassionate toward yourself,
you reconcile all beings in the world.

15

Do you have the patience to wait
till your mud settles and the water is clear?
Can you remain unmoving
till the right action arises by itself?

8

In dwelling, live close to the ground.
In thinking, keep to the simple.
In conflict, be fair and generous.
In governing, don't try to control.
In work, do what you enjoy.
In family life, be completely present.

66

All streams flow to the sea
because it is lower than they are.
Humility gives it its power.



63

Act without doing;
work without effort.
Think of the small as large
and the few as many.
Confront the difficult
while it is still easy;
accomplish the great task
by a series of small acts.

36

If you want to shrink something,
you must first allow it to expand.
If you want to get rid of something,
you must first allow it to flourish.
If you want to take something,
you must first allow it to be given.
This is called the subtle perception
of the way things are.

31

Weapons are the tools of violence;
all decent men detest them.
Weapons are the tools of fear;
a decent man will avoid them
except in the direst necessity
and, if compelled, will use them
only with the utmost restraint.
Peace is his highest value.
If the peace has been shattered,
how can he be content?
His enemies are not demons,
but human beings like himself.
He doesn't wish them personal harm.
Nor does he rejoice in victory.
How could he rejoice in victory
and delight in the slaughter of men?
He enters a battle gravely,
with sorrow and with great compassion,
as if he were attending a funeral.