

## Daily Meditations: 81 Verses of Tao Te Ching by Lao Tzu

as interpreted by Wayne Dyer in 'Change Your Thoughts, Change Your Life'

"When you change the way you look at things,  
the things you look at change." – Wayne Dyer

Written over 25 centuries ago, the Tao Te Ching is revered by many as the wisest transcript ever written. Taking a few moments of reflection each day, in time these sacred verses will weave their essence in to yours. May this ancient wisdom plant a seedling within you that births a renewed experience of life.

- "I choose to enjoy living the Great Mystery. The Tao that can be named is not the Tao."
- "When my work is done it is forgotten, that is why it lasts forever."
- "I know that there is no way to happiness. Happiness is the way."
- "The all providing Tao is empty yet inexhaustible."
- "I will work at eliminating all of my judgments of others."
- "I pay attention to my inner callings and apply my own uniqueness to everything I undertake."
- "It is through selfless action I will experience my own fulfillment."
- "I live in accordance with nature and therefore *never* go against the way of things."
- "When my cup is full, I will stop pouring."
- "I suspend my belief in opposites by seeing myself in ALL."
- "The usefulness of what is depends on what is not."
- "I choose to ignore the seductive lure of acquisition and fame."
- "I see myself as everything. I love myself as everything."
- "Discovering how things have always been brings me in to harmony with The Way."
- "The place of my origination is stillness from which all creation emanates."
- "Amidst the rush of worldly comings and goings, I observe how all endings become beginnings."
- "I fully trust that others do know what is best for themselves."
- "I act virtuously. I do not need rules to be kind and just."

"I am moral, profitable, and a genius extraordinaire regardless of what any transcript or bank statement might say."

"I am doing nothing; rather I am being done."

"How do I know the way of all things at the beginning? I see it within myself."

"I resist any brokenness by being flexible and bending when storms appear."

"In all of nature, no storm can last forever."

"Boasting or showing off are superfluous excesses, this practice must be uprooted, thrown out and left behind forever."

"I come from greatness. I attract greatness. I am greatness."

"I have the ability to stay poised and centered regardless of what goes before me."

"What is a good man but a bad man's teacher; what is a bad man but a good man's job."

"As I preserve my original qualities I can do or govern anything. I live with radical humility."

"I allow my life to unfold naturally. There is a time for being ahead. There is a time for being behind. There is a time for being in motion. There is a time for being at rest. There is a time for being vigorous. There is a time for being exhausted."

"Whatever strains with force will soon decay. I eschew any and all forms of violence. I take the line of least resistance in all of my actions."

"I allow my highest nature to come forward by bringing love to the places where I used to live in hatred."

"I trust in the perfect goodness of the Tao to guide and direct me where ever it will. I allow my thoughts and ideas to be carried by the great wave of the Tao."

"I am replacing my desire for power over others with my efforts to understand and master myself in any and all situations. The things we love we have to learn to leave alone."

"By not claiming greatness, I will achieve greatness."

"When you look for it, there is nothing to see; when you listen for it, there is nothing to hear; when you use it, it cannot be exhausted: this is the Great Tao."

"I see God's obscurity by repressing any desires for attention or recognition."

"The Tao does nothing but leaves nothing undone."

"I trust my essential nature. I let go of all polarities and I live in the indivisible Oneness of Tao. Goodness and God-ness are One and I trust who I am, a child of God."

"I am a piece of the whole and I act in accordance with the wholeness of Tao."

"I bow to the all creating power from which I came and to which I am returning."

"By following The Way, I will not become complicated, extraordinary or prominent rather I will become subtle and simple and uncomplicated."

"I release attachment to all objects, status, people and institutions. I gain by losing. I lose by gaining."

"The softest of all things over rides the hardest of all things."

"I let go of my need for more and live in a state of pure gratitude. Giving is replacing my demands for more."

"The experience of inner peace is my true gauge of all accomplishments."

"There is no greater loss than losing my connection to Tao. I find the bliss of eternity in my contentment."

"Without going out the door, I can know the world. Without looking out the window, I can see the ways of Heaven."

"In order to enliven my experience of the Tao and live by its principles, I practice decreasing my reliance on things."

"It is my choice to be kind to those who are kind. It is my choice to be kind to those who are unkind, because the nature of my being is kindness and that's all I have to give away."

"I am an immortal spiritual being having a temporary human experience."

"The great Tao has no expectations for me, no demands, no battles or wars to fight or no history to live up to."

"All under Heaven have a common beginning. This beginning is a mother of the world and my eternal home."

"If I have even a little sense, I should walk in The Great Way and my only fear would be straying. I live honorably. I see myself in all others."

"I am like a great wave of energy that illuminates a room. Everyone will see the light and become affected."

"I attract the cooperative power of the Tao when I release the need to control anyone's life, including my own."

"Those who know do not talk. Those who talk do not know. The less I care about the approval of others, the more approval I receive."

"I work at allowing all others to trust in their highest nature rather than imposing my rules and regulations on them. Moreover, I am free to be myself. I do not have to live by anyone else's rules."

"Bad fortune has good fortune hiding within it and good fortune is what bad fortune hides in."

"I practice living without limits by gathering virtue and modeling it."

"When I refrain from thoughts of harm directed toward others, all the benefits of life accumulate to me."

"My loved ones and I cannot and will not be impacted by the presence of evil anywhere in the world. By staying calm and under the radar, others will ultimately join me in friendship and trust."

"I am a divine creation of Tao as are all others. I cast out no one, rather I cast out wickedness by elevating others with my deeds."

"I see simplicity in the complicated. I do great things while they are small. I can get anywhere from here."

"A journey of a thousand miles begins with one step. A tree grows from one seedling. A tower starts with one brick."

"Because I know that I do not know, I will be guided to find my own way."

"I do not put myself above others or see my self as superior to anyone. I am like the great ocean where all streams flow to me because I stay low and thus, I am a servant to all."

"I live with three treasures, with mercy, frugality and humility in all of my dealings with others."

"Whatever I fight, weakens me. What I cooperate with, strengthens me."

"There is no greater misfortune than feeling I have an enemy for when 'I and enemy' exist together, there is no room for God."

"I want to think like God thinks, to act as God acts, to live a God realized life."

"I trust that a happy contented mind which is sick of being sick will have a happy contented body."

"By staying in a state of awe and bewilderment, I loosen ego's hold on my thinking. My body is perfect, born at precisely the right time and this is my perfect age. I accept myself as I am and I surrender to the natural course of my body's destiny."

“It is Heavens way to conquer without striving. The Tao does everything without needing to attack. It is my intention to emulate Heaven’s way by listening more, speaking less and trusting that my answers will come without any screaming. I slow my pace so that it harmonizes with Heaven’s way.”

“I realize that all things change and therefore there is nothing for me to hold on to. By not fearing death, there is nothing that I cannot achieve.”

“I place fewer and fewer demands upon others and especially on myself. I am free to commune with nature, work, play, read or just do nothing.”

“I choose to be strong by being soft and pliable rather than inflexible, brittle and hard.”

“I can keep on giving because there is no end to my wealth. I am pleased to offer my surpluses to others.”

“I remain serene in the midst of sorrow and therefore prevent evil from entering my heart.”

“Someone must risk returning injury with kindness or hostility will never turn to goodwill. I choose to closeout any future conflict with love and kindness.”

“I choose to live in a state of radical appreciation. I give humble thanks for all that I have. Paradise is wherever I am.”

“I choose to live by accumulating less, giving more, arguing less and releasing my attachment to everything in the world of the 10,000 things.”

