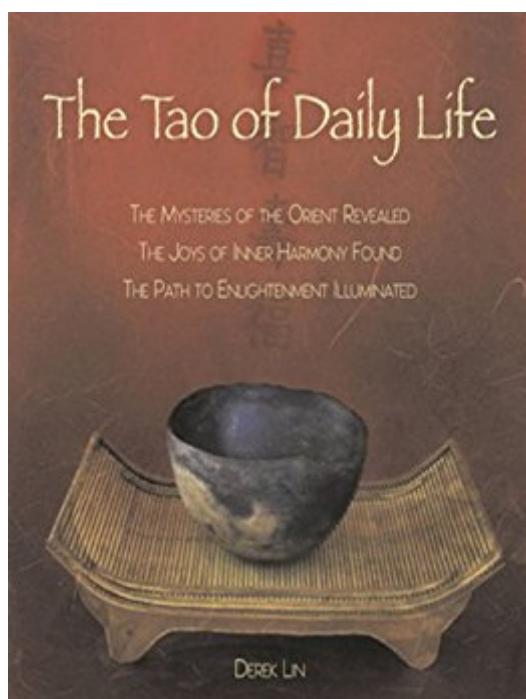


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# The Tao Of Daily Life: The Mysteries Of The Orient Revealed The Joys Of Inner Harmony Found The Path To Enlightenment Illuminated



## **Synopsis**

The perfect book for readers who are interested in Taoism and want a little daily inspiration. The Tao of Daily Life combines ancient Eastern wisdom with practical application-perfect for busy Western readers! Derek Lin, Taoist master and expert in Eastern philosophy, brings his deep knowledge of this time-honored Chinese spiritual thought system into the twenty-first century. "There is one simple reason for the Tao to have survived through the ages intact: it works," writes Lin. "The principles of the Tao are extremely effective when applied to life. The philosophy as a whole is nothing less than a practical, useful guide to living life in a way that is smooth, peaceful, and full of energy." Using the powerful medium of stories and short dharma talks, Lin illuminates the Taoist secrets and engages the reader in their inherent wisdom. As a result, the reader of The Tao of Daily Life will notice certain changes, including: - being more composed and more at ease in various situations; - being able to handle challenges and difficulties with less effort and achieving better results; - experiencing greater power and clarity in all areas of life. The spiritual journey, as described by Derek Lin, becomes the most worthwhile exploration anyone can take.

## **Book Information**

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## Customer Reviews

I have read a Tao story every day this year to my twin 10-year-old boys as part of our homeschooling lessons. The stories not only capture their imagination and their interest, but we often laugh out loud and repeat meaningful phrases throughout the day. After just a week or two, they even wanted to listen to the deeper explanation Derek provides after the story. Now, a few months into the practice, they sit on the couch quietly thinking long after the reading is finished. I don't know how many times they've helped me apply some of the teachings in the book. "Mom, don't let her put a potato in your sack! Just get rid of the sack!" "Mom, just enjoy the strawberry!" A few weeks ago I asked them about their favorite and least favorite part of homeschooling, and they both emphatically chose Derek Lin's book as their absolute favorite part of the day. (English was their least fav, BTW)

I thought this book was really well done and inspirational. I would caution the prospective buyer from the negative reviews, as they seem to lack any interest in Taoism (they are grading the book on an intellectual level of "being too simple" or "the writing style isn't pulitzer worthy" rather than the material expressed.) Taoism is not about using our intellect and rational thinking to find solutions to life, so such negative reviews are doing a disservice and not reflecting the very nature of Taoism.

**This Book** The book here is laid out with each chapter opening with a story or a Taoist quote. The rest of the chapter is the author's views on integrating that story or Taoist quote into our lives. We may not connect with each story, but if we're human will connect with many. If you approach Taoism or Taoist texts with intellectualized reviews, you'll find all of it lacking... probably most of the Eastern schools even. "Mistrust of conventional knowledge and reasoning is stronger in Taoism than in any other school of Eastern philosophy. It is based on the firm belief that the human intellect can never comprehend the Tao. In the words of Chuang Tzu, 'The most extensive knowledge does not necessarily know it; reasoning will not make men wise in it. The sages have decided against both these methods.'" - [...] The intellect is ego, it identifies with the self and says "I know so much" and then it compares itself to others saying "I know more than them" or "I know less than that person..." I found this in some of the negative reviews here. To which I offer a bit of advice [...] to people like oregonzen and kcolorado - your focus is on your own intellect, your ego. You want something "complex" and not simple, something of impressive writing style... these are all traps. It's like being given a spiritual work and judging it on the cover image rather than the content. The great

sages and scholars often spoke simply of truth. Truth to them was in few words. It is the commentators who extrapolated into intellectual digression. But today if you write simply, you're labeled "new age" and not in a good way. New age being a label applied by elitists who which to reflect a "simple" approach to the "common person," thereby separating themselves from the "common person." That's Ego. Ego is a great problem because it fakes spiritual growth. It says, "I'm so much smarter than this author... let me write some condescending marks and tear this a part..." all the while it's driving you further into self, and intellect and further away from oneness. I bought this book, and have found much inspiration from it. I think it's a great introduction to Taoism. It doesn't provide the history of Taoism, nor does it go over the different sects, rituals or ceremonies. What it does do is give the Tao itself as our daily life. It's not an adventure in memorizing some ancient mantra, or conceptualizing a very difficult philosophical commentary... it's simple. Straightforward. It says: many people have problems like... and gives the Tao as the answer. It's clear. There is need for meditation and self work in order to find our solutions. This doesn't replace that. It simply gives guidance on how the principles of Taoism can be used to solve many examples of common life issues. In the end, we all have to do the work of our spiritual path in order to get gain. We can't rely on this book to do it for us. But this book does give great treasure in a very common language. I love it. I'll close my review of the book with a quote from it: "Pursue knowledge, daily gain Pursue Tao, daily loss. When we accumulate, we are in hot pursuit of knowledge. The acquisition of more and more material things ends up as clutter, which in turn leads to stress and agitation. In this mode of thinking, we put in a lot of extra effort but fail to gain any significant benefits. On the path of the Tao, we let go of more and more every day. The more we discard, the better we can utilize what's left. The more we simplify, the easier it is to attain serenity and peace of mind. The wisdom of Ikkyu's story is inextricably linked to the wisdom of the Tao Te Ching. Lin, Derek (2007-09-06). *The Tao of Daily Life: The Mysteries of the Orient Revealed* The Joys of Inner Harmony Found The Path to Enlightenment Illuminated (p. 172). Penguin Group US. Kindle Edition."

I bought this book after being introduced to taoism on the author's website half a year ago. The book is a collection of parables (short stories) followed by a longer explanation by Derek Lin for each. The parables include themes on loving others, dealing with our ego, handling negative people, and finding the joy in simple things. The parables are often funny, extremely insightful, and easy to remember for when you actually need the insight in real life situations. It is well written so that those of any religion (or lack of) can benefit from its wisdom. I would put this book at the top of the list for

anyone wanting to help move past the daily trivialities and frustrations that can inhibit our lives. This is also a perfect companion to applying the Tao Te Ching to the daily life.

Having just seriously gotten into Taoism as a suggestion from my massage therapist I decided to get this book. Was a great decision as this is one of the best I have found. Discovered Derek Lin from his website and read some of his stories there. I read one a night with meditation music playing. Finding I fall asleep in a very relaxed state. My only complaint is what will I do when I finish the book? Highly recommend this book if you're trying to understand Taoism in a simplistic way.

This is a lovely little book of Tao-based 2-3 page stories (that read like fables) and accompanying commentary. I enjoy having a morning or two each week to sit by my window with a cup of tea and to read and reflect on one of its stories. I am not a Taoist; the stories about family, work, and personal growth can resonate with persons of almost any faith.

I have owned this book for over 8 years and probably bought 20 copies in this span of time for gifts to others. You learn what the Tao is and ways to incorporate this mentality into our busy daily lives. Through the ancient parables and allegories you can see through the meaning just how relevant these ancient stories can apply to our lives. This book will also change how you see yourself in conflict and resolution situations. I love this book and could go on but I suggest you take that journey for yourself. Everyone will have a different experience but will be a positive experience.

I learned about the existence of this book while visiting friends at their beach home near Charleston, SC. They strive to lead a peaceful, spiritual life. While watching the sunrise one morning, my friend read a chapter from "The Tao of Daily Life," and I was hooked! Since, I've been reading chapters each morning to provide my day with an uplifting and meaningful beginning. I expect that I will re-read the book many times over, and each reading will shed more light upon my path to enlightenment.

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