

*What are the major beliefs and practices of Daoism?*



# *What was the context for the founding of Daoism?*

- <https://www.youtube.com/watch?v=dFb7Hxva5rg>
- [the School of Life Video, “Eastern Philosophy- Lao Tzu” \(start-1:25\)](#)
  1. Who was Lao Tzu? What do historians know about him? What do they not know?
  2. According to the legend, when did Lao Tzu live? What dynasty was in control of China at the time?
  3. Why did Lao Tzu leave his position with the ruling dynasty?
  4. How many people currently practice Daoism? Where do most of them live?

# Yin and Yang symbol

- Represents the idea that while there are opposing forces in the world (light and dark; good and evil), they work together to balance the world in harmony and each side has aspects of the other within it.



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# Daoism (Taoism) - 6th century (500s) BCE

- Belief system that founded by Lao Tzu in
- Sacred Text - Tao-Te Ching (sometimes spelled Dao-De-Jing) contains the teachings of Lao Tzu.

Daoists believe that we should strive to establish peace and harmony with nature.

Daoists believe that this peace and harmony can be achieved through:

- the pursuit of spiritual immortality
- being 'virtuous'
- self-development
- meditation
- feng shui
- fortune telling
- reading and chanting of scriptures