



# Consciously Living The Tao: 101 Short, Sweet, Powerful Mantras for happy, peaceful and harmonious living

*PV VAIDYANATHAN*

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The Tao is our life sustaining force. It is everywhere and nowhere. It is the matrix on which this entire Universe is built. The Universe and everything else in it arises from the Tao and finally merges with it. The Tao does nothing but leaves nothing undone. The Tao cannot be described but is always surrounding us. If we live our lives according to the wisdom of the Tao, if we go with the Tao, if we flow with the river of the Tao, life is easier, peaceful, happier and harmonious. If we go against the Tao, life is miserable, disturbing, filled with problems, tough and frustrating

We cannot see or hear the Tao, like we cannot see or hear electricity. We can only see the effects of it, in the world. And without this life sustaining energy, nothing moves in the Universe. The Tao is so perfect that for millions of years, it has been keeping the Universe in perfect balance. Even if one atom goes out of place, the entire Universe would collapse. And yet, that has never happened and never will, because the Tao is supreme. Human beings also come out of this Tao, this consciousness, this energy. Our lives need to be aligned to the Tao, and not be against it. The biggest reason we go against this energy, is our mind with its desires. If we could suspend the mind and flow with the Tao, we would know real peace. But since we don't, we are always in conflict with someone or something

This book is a collection of 101 short and sweet sentences, all of which point us towards living life the way of the Tao, to suspend our minds, to suspend our judgments, our beliefs, our conditioning, our prejudices, our perceptions, our attitudes and to connect and live the Tao. Read them slowly, digest them, imbibe them, use them, and see how your life undergoes a sea change.

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