

Chapter 3: Mountain Stillness

91st Day

March 31st

The Tao and Its Mystery

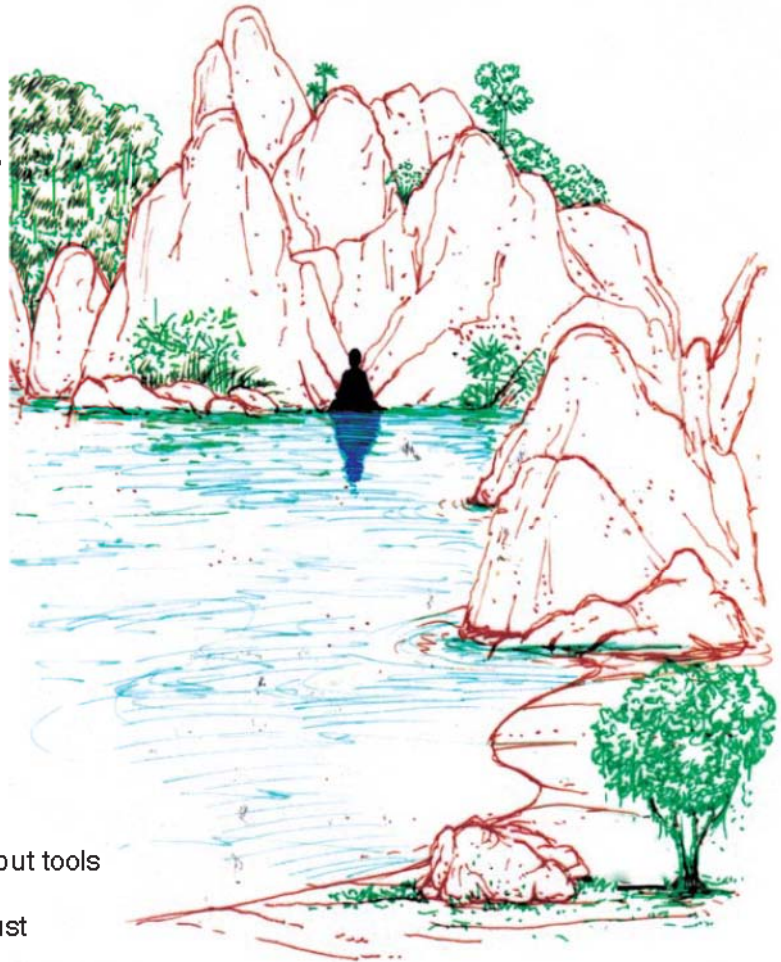
The Tao cannot be explained by words
You have to learn how to feel it.
The Tao gives a presence that can be felt,
That presence is found in emptiness.

When you still all substance
Everything becomes empty
And in that emptiness
You will experience the Tao.

Ultimately this is the mystery of the Way
Which has no name or form,
And so profound that its depths
Are difficult to fathom.

This mystery is taught by a teacher
With unfathomable supernatural powers
But, who is easy to find by placing
A mirror in front of your face.

Yes, it is you, and the sky and earth are but tools
Which you can maneuver at will
In a universe so vast, within a speck of dust
Where space itself disappears.



Commentary:

Words are too limited to explain the Tao; it can only be felt beyond words. The Tao's presence can be felt if you know how to feel it. Only by practicing the Tao can it give you the emptiness to feel it. By stilling yourself everything becomes empty so you can experience the Tao. In emptiness is the mystery of the Tao because it has no name or form and is so profound it is difficult to fathom. The mystery of the Tao is taught by a teacher of divine elegance who is easily found by placing a mirror in front of your face. The challenge is to find the mirror. I will give you a hint- the mirror is within you. The universe is your tool to find yourself and your mirror. Allow time and space to disappear so you can see who you really are.