道可道非常道名可名非常名無名天地之始

有名萬物之母故常無欲以觀其妙

常有欲以觀其徽此兩者同出而異名 同謂之元元之又元眾妙之門



One

The Tao that can be told is not the eternal Tao.
The name that can be named is not the eternal name.
The nameless is the beginning of heaven and earth.
The named is the mother of ten thousand things.
Ever desircless, one can see the mystery.
Ever desiring, one can see the manifestations.
These two spring from the same source but differ in name;
This appears as darkness.
Darkness within darkness.
The gate to all mystery.



Two

Under heaven all can see beauty as beauty only because there is ugliness. All can know good as good only because there is evil.

Therefore having and not having arise together; Difficult and easy complement each other; Long and short contrast each other; High and low rest upon each other; Voice and sound harmonize each other; Front and back follow each other.

Therefore the wise go about doing nothing, teaching no-talking. The ten thousand things rise and fall without cease, Creating, yet not possessing, Working, yet not taking credit.

Work is done, then forgotten.

Therefore it lasts forever.





THREE

Not exalting the gifted prevents quarreling. Not collecting treasures prevents stealing. Not seeing desirable things prevents confusion of the heart.

The wise therefore rule by emptying hearts and stuffing bellies, By weakening ambitions and strengthening bones. If people lack knowledge and desire, Then it is best not to interfere.

If nothing is done, then all will be well.

不尚賢使此不爭不賣難得之貨使民不為盗

不見可欲使民心不亂

常使民無知無欲使去智者不敢為也為無為則無不治

是以聖人之治虚其心實其腹弱其也强其骨

道冲而用之或不盈淵今似萬物之宗控其致 鮮其紛和其先同其歷港今似或存

各不知誰之子象帝之先

Four

The Tao is an empty vessel; it is used, but never filled. Oh, unfathomable source of ten thousand things! Blunt the sharpness, Untangle the knot, Soften the glare, Merge with dust. Oh, hidden deep but ever present! I do not know from whence it comes.

It is the forefather of the ancestors.



天地不仁以萬物為器狗聖人不仁以百姓為獨狗

天地之間其猶索為乎虚而不压動而愈出 多言数弱不如守中

Five

Heaven and earth are impartial; They see the ten thousand things as they are. The wise are impartial;

They see the people as they are.

The space between heaven and earth is like a bellows. The shape changes but not the form; The more it moves, the more it yields. More words count less.

Hold fast to the center.





稀謝若存用之不勤

谷神不处是謂元北元牝之門是謂天地根

Six

The valley spirit never dies; It is the woman, primal mother. Her gateway is the root of heaven and earth. It is like a veil barely seen. Use it; it will never fail.



天長地久天地所以能長且久者以其不自生 故能長生是以聖人後其身而身先外其身而身存 非以具無私即放能成其私

Seven

Heaven and earth last forever.
Why do heaven and earth last forever?
They are unborn,
So ever living.
The wise stay behind, and are thus ahead.
They are detached, thus at one with all.
Through selfless action, they attain fulfillment.



上善若水水善利萬物而不爭處眾人之所悉 放我於道居善地心善淵兴善仁言善信止善治 事善能動善時夫唯不爭故無尤

Еіднт

The highest good is like water. Water gives life to the ten thousand things and does not strive. It flows in places people reject and so is like the Tao.

In dwelling, be close to the land.
In meditation, go deep in the heart.
In dealing with others, be gentle and kind.
In speech, be true.
In ruling, be just.
In business, be competent.
In action, watch the timing.

No fight: No blame.



持而器之不如其已揣而税之不可長保 金玉滿堂莫之能守富貴而驗自選其谷 功遊身退天之道



Nine

Better stop short than fill to the brim.

Oversharpen the blade, and the edge will soon blunt.

Amass a store of gold and jade, and no one can protect it.

Claim wealth and titles, and disaster will follow.

Retire when the work is done.

This is the way of heaven.



Ten

Carrying body and soul and embracing the one, Can you avoid separation? Attending fully and becoming supple, Can you be as a newborn babe? Washing and cleansing the primal vision, Can you be without stain? Loving the people and ruling the country, Can you be without cleverness? Opening and closing the gates of heaven, Can you play the role of woman? Understanding and being open to all things, Are you able to do nothing? Giving birth and nourishing, Bearing yet not possessing, Working yet not taking credit, Leading yet not dominating, This is the Primal Virtue.





故有之以為利無之以為用學遊以為器當其無有器之用妙近以為器當其無有器之用

Eleven

Thirty spokes share the wheel's hub; It is the center hole that makes it useful. Shape the clay into a vessel; It is the space within that makes it useful. Cut doors and windows for a room; It is the holes that make it useful. Therefore profit comes from what is there; Usefulness from what is not there.





Twelve

The five colors blind the eye.
The five tones deafen the ear.
The five flavors dull the taste.
Racing and hunting madden the mind,
Precious things lead us astray.

Therefore the wise are guided by what they feel and not by what they see, Letting go of that and choosing this.

五色令人目育五音令人身龍十五味令人口爽

馳騁收職命人以義狂難得之質令ノ行好

故去彼此此是以聖人為暖不為目



龍唇若驚貴大患若身 何謂者去思若母吾所以有大患者為吾有身及各無身各有何是 何謂龍好若點看罷為下得之若為女之若為是謂罷好若點





THIRTEEN

Accept disgrace willingly.

Accept misfortune as the human condition.

What do you mean by "Accept disgrace willingly"? Accept being unimportant. Do not be concerned with loss or gain. This is called "accepting disgrace willingly."

What do you mean by "Accept misfortune as the human condition"? Misfortune comes from having a body.
Without a body, how could there be misfortune?

Surrender yourself humbly; then you can be trusted to care for all things. Love the world as your own self; then you can truly care for all things.

鄉絕不可知後節於無物是前無以三次無為三於是謂抱忧 親之至見為處聽京明智希 抄之不得智微些者香致語如混而為其末以其不以外

迎云見其首随云人見去後都古五通以御今之有能知古始是謂道化



Fourteen

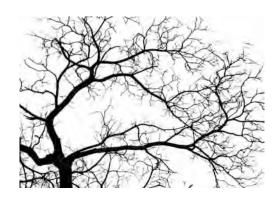
Look, it cannot be seen—it is beyond form. Listen, it cannot be heard—it is beyond sound. Grasp, it cannot be held—it is intangible. These three are indefinable; Therefore they are joined in one.

From above it is not bright; From below it is not dark: An unbroken thread beyond description. It returns to nothingness. The form of the formless, The image of the imageless, It is called indefinable and beyond imagination.

Stand before it and there is no beginning. Follow it and there is no end. Stay with the ancient Tao, Move with the present.

Knowing the ancient beginning is the essence of Tao.

侯此直者不能區大唯不盈故能職不利成 混写其若獨熟能獨以好之你清熟能安以外動之條生 海人若冰之兴釋敦分其若樣職人其若名 豫馬若左片川衛名若甚四都衛名其若若 夫唯不可說故稱為之后 古大善為著物妙之通源不可識



FIFTEEN

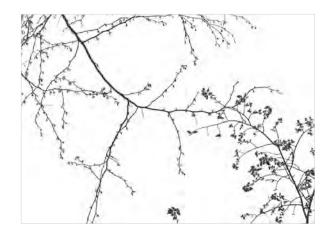
The ancients were subtle, mysterious, profound, responsive. The depth of their knowledge is unfathomable. Because it is unfathomable, All we can do is describe their appearance. Watchful, as though crossing a winter stream. Alert, like people aware of danger. Courteous, like visiting guests. Yielding, like ice about to melt. Simple, like uncarved blocks of wood. Hollow, like caves. Opaque, like muddy pools.

Who can wait quietly while the mud settles?
Who can remain still until the moment of action?
Observers of the Tao do not seek fulfillment.
Not seeking fulfillment, they are not swayed by desire for change.

赵墨極守靜為萬物並作者以觀復夫物芸芸者復歸其根

節起前是調後的後命日常知常日明

王乃天天乃直直乃公以身不殆不知常安作山如常客居乃公公乃王



Sixteen

Empty yourself of everything.

Let the mind become still.

The ten thousand things rise and fall while the self watches their return.

They grow and flourish and then return to the source.

Returning to the source is stillness, which is the way of nature.

The way of nature is unchanging.

Knowing constancy is insight.

Not knowing constancy leads to disaster. Knowing constancy, the mind is open.

With an open mind, you will be openhearted.

Being openhearted, you will act royally.

Being royal, you will attain the divine.

Being divine, you will be at one with the Tao.

Being at one with the Tao is eternal.

And though the body dies, the Tao will never pass away.

您今兵青言以成事。過百姓好謂城自起 信不足馬有不信馬 其次畏之其次伍之 大上下如有之其次親不答之



Seventeen

Very few are aware of the highest. Then comes that which they know and love, Then that which is feared, Then that which is despised.

Those who do not trust enough will not be trusted.

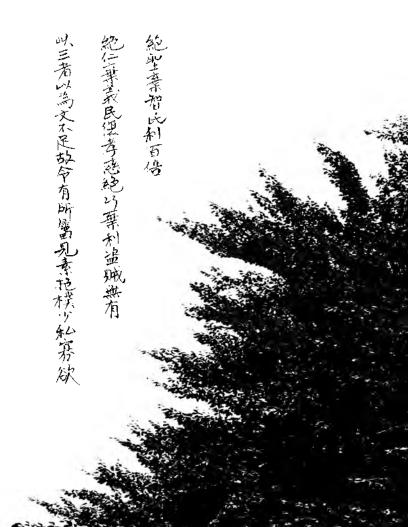
When actions are performed Without unnecessary talk, People say, "We did it!" 广親木和有考慈國於哈 都有忠臣

Eighteen

When the great Tao is forgotten, Kindness and morality arise. When wisdom and intelligence are born, The great pretense begins.

When there is no peace within the family, Filial piety and devotion arise. When the country is confused and in chaos. Loyal ministers appear.





Nineteen

Give up sainthood, renounce wisdom, And it will be a hundred times better for everyone.

Give up kindness, renounce morality, And people will rediscover filial piety and love.

Give up ingenuity, renounce profit, And bandits and thieves will disappear.

These three are outward forms alone: they are not sufficient in themselves. It is more important

To see the simplicity,

To realize our true nature, To cast off selfishness

And temper desire.



武公然就如享去年如春台董軍书選治与其未北 能學無及以言其阿相去殺何善之與無相去若何 人之所後不可不畏荒左其未来故 報見子被係像令者無好歸四人皆有好必城獨若看 及人皆自以而我儀被以都我獨男於人心對食母 俗人緊竟我獨問問膽有其若海門人若無止 我愚人忌也裁洗此有你人站城城衛的心下

TWENTY

Give up learning, and put an end to your troubles.

Is there a difference between yes and no?
Is there a difference between good and evil?
Must I fear what others fear? What nonsense!
Other people are contented, enjoying the sacrificial feast of the ox.
In spring some go to the park and climb the terrace,
But I alone am drifting, not knowing where I am.
Like a newborn babe before it learns to smile,
I am alone, without a place to go.

Others have more than they need, but I alone have nothing. I am a fool. Oh, yes! I am confused.

Others are clear and bright,
But I alone am dim and weak.

Others are sharp and clever,
But I alone am dull and stupid.

Oh, I drift like the waves of the sea,

Without direction, like the restless wind.

Everyone else is busy, But I alone am aimless and without desire. I am different. I am nourished by the great mother.



TWENTY-ONE

The greatest Virtue is to follow Tao and Tao alone.

The Tao is elusive and intangible.

Oh, it is intangible and elusive, and yet within is image.

Oh, it is elusive and intangible, and yet within is form.

Oh, it is dim and dark, and yet within is essence.

This essence is very real, and therein lies faith.

From the very beginning until now its name has never been forgotten.

Thus I perceive creation.

How do I know the ways of creation?

Because of this.





古之所謂曲則全者室虚言我誠在中歸之 不自於却各夫唯分争故天丁其能與之至 是以聖人物一為天下或不自見故明不自是故事不自改好有功 曲則全柱則直謹則盈段則新少別得多則感



Twenty-two

Yield and overcome; Bend and be straight; Empty and be full; Wear out and be new; Have little and gain; Have much and be confused.

Therefore the wise embrace the one And set an example to all. Not putting on a display, They shine forth. Not justifying themselves, They are distinguished. Not boasting, They receive recognition. Not bragging, They never falter. They do not quarrel, So no one quarrels with them. Therefore the ancients say, "Yield and overcome." Is that an empty saying? Be truly whole, And all things will come to you.



TWENTY-THREE

To talk little is natural.
High winds do not last all morning.
Heavy rain does not last all day.
Why is this? Heaven and earth!
If heaven and earth cannot make things last forever,
How is it possible for us?

Those who follow the Tao
Are at one with the Tao.
Those who are virtuous
Experience Virtue.
Those who lose their way
Are lost.
When you are at one with the Tao,
The Tao welcomes you.
When you are at one with Virtue,
Virtue is always there.
When you are at one with loss,
Loss is experienced willingly.

Those who do not trust enough Will not be trusted.





你食好行物或恶之的有适者不处自我者不良其在道也日 自是者不彰自代者無功

TWENTY-FOUR

Those who stand on tiptoe are not steady. Those who stride cannot maintain the pace. Those who put on a show are not enlightened. Those who are self-righteous are not respected. Those who boast achieve nothing. Those who brag will not endure. According to followers of the Tao, "These are unnecessary food and baggage." They do not bring happiness. Therefore followers of the Tao avoid them.



域中有四大而王居其一点人法地地点天天法道道这自然 我会男子看過立不改商行品不好可以為天下母 音不知其名字之日南張為之名曰大 大日逝也日感就白及故道大天大地大王亦大 有物混成为天地生

TWENTY-FIVE

Something mysteriously formed, Born before heaven and earth. In the silence and the void, Standing alone and unchanging, Ever present and in motion. Perhaps it is the mother of ten thousand things. I do not know its name.

For lack of a better word, I call it great.

Being great, it flows. It flows far away. Having gone far, it returns.

Therefore, "Tao is great; Heaven is great; Earth is great; The human being is also great." These are the four great powers of the universe, And the human being is one of them.

The human being follows the earth. Earth follows heaven. Heaven follows the Tao. Tao follows what is natural.





TWENTY-SIX

The heavy is the root of the light; The still is the master of unrest.

Therefore the wise, traveling all day, Do not lose sight of their baggage. Though there are beautiful things to be seen, They remain unattached and calm.

Why should the lord of ten thousand chariots act lightly in public? To be light is to lose our root.

To be restless is to lose control.





TWENTY-SEVEN

A good walker leaves no tracks; A good speaker makes no slips; A good reckoner needs no tally. A good door needs no lock, Yet no one can open it. Good binding requires no knots, Yet no one can loosen it.

Therefore the wise take care of everyone And abandon no one. They take care of all things And abandon nothing.

This is called "following the light."

What is a good person?
The teacher of a bad person.
What is a bad person?
A good person's charge.
If the teacher is not respected,
And the student not cared for,
Confusion will arise, however clever one is.
This is the crux of mystery.



楼都則為器聖人用之則為官長故大制不割 知其白守其黑為天下五為天下五常德不必復節於無秘 知其雄守其雌為天下谿為天下就常他不雜您歸枝嬰习 如其禁守其辱為天下名為天下名常德乃足復歸於樣

TWENTY-EIGHT

Know the strength of a man, But keep a woman's care! Be the stream of the universe! Being the stream of the universe, Ever true and unswerving, Become as a little child once more.

Know the white,
But keep the black!
Be an example to the world!
Being an example to the world,
Ever true and unwavering,
Return to the infinite.

Know honor,
Yet remain humble.
Be the valley of the universe!
Being the valley of the universe,
Ever true and resourceful,
Return to the state of the uncarved block.

When the block is carved, it becomes useful. When the wise use it, they become rulers. Thus, "A great tailor makes few cuts."



是以聖人去思去看去素

将欲取天下不為之者見其太得已 天下神器不成為也為者與之执先失之

故物或行或隨或 默或吹或稀或觀或性或聽





TWENTY-NINE

Do you think you can conquer the universe and improve it? I do not believe this can be done.

The universe is sacred. You cannot improve it. If you try to change it, you will ruin it. If you try to hold on to it, you will lose it.

So sometimes things are ahead and sometimes they are behind; Sometimes breathing is hard, sometimes it comes easily; Sometimes there is strength, and sometimes weakness; Sometimes one is up and sometimes down.

Therefore the wise avoid extremes, excesses, and complacency.

師之所處刑隸生馬大車之後必有為年方有果也不敢以取侵 以重任人主者不以兵程天下其事好養 果而力務果不申依果如力總果的不得己果如力福 物出則老是調不道不可早已

THIRTY

Whenever you advise rulers in the way of Tao, Counsel them not to use force to conquer the universe. For this would only cause resistance.

Thorn bushes spring up wherever the army has passed. Lean years follow in the wake of a great war.

Just do what needs to be done.

Never take advantage of power.

Achieve results,
But never glory in them.
Achieve results,
But never boast.
Achieve results,
But never be proud.
Achieve results,
Because this is the natural way.
Achieve results,
But not through violence.

Force is followed by loss of strength. This is not the way of the Tao. That which goes against the Tao Comes to an early end.



だ子后到骨石の兵則骨石光者不祥之高非君子之器 夫任共者入祥之器功或思之都有道者不是 夫外都一首到公司以得己於大下安台事而在此可由石 不得也南之名英為上陽山公表而美之者是樂教人 偏將軍居左上將年居石言的君礼於之 教人之思以事悉近之我将以考礼如之

THIRTY-ONE

Good weapons are instruments of fear; all creatures hate them. Therefore followers of Tao never use them. The wise prefer the left. Soldiers prefer the right.

Weapons are instruments of fear; they are not tools of the wise. They use them only when there is no choice. Peace and quiet are dear to their hearts, And victory no cause for rejoicing.

If you rejoice in victory, then you delight in killing; If you delight in killing, you cannot fulfill yourself.

On happy occasions precedence is given to the left,
On sad occasions to the right.
In the army the general stands on the left,
The commander-in-chief on the right.
This means that war is conducted like a funeral.
When many people are killed,
They should be mourned in heartfelt sorrow.
That is why a victory must be observed like a funeral.



道常無名樣難小天下莫能自也候王若能守之萬物将自豪 始制有名名亦敢有夫亦将知心心可以不治 天地相后以降甘忠的此其之命而自均

好道之在天下補川名之於江海

Thirty-two

The Tao is forever undefined.

Small though it is in the unformed state, it cannot be grasped.

If leaders could harness it,
The ten thousand things would naturally obey.

Heaven and earth would come together

And gentle rain fall.

People would no longer need laws and all things would take their course.

Once the whole is divided, the parts need names.
There are already enough names.
We need to know when to stop.
Knowing when to stop averts trouble.
Tao in the world is like a river flowing home to the sea.







THIRTY-THREE

Knowing others is wisdom; Knowing the self is enlightenment. Mastering others requires force; Mastering the self needs strength.

Those who know they have enough are rich.
Perseverance is a sign of willpower.
Those who stay where they are endure.
To die but not to perish is to be eternally present.



万物をうかんのきあるの大い大将不自的大城都成者大

THIRTY-FOUR

The great Tao flows everywhere, both to the left and to the right. The ten thousand things depend on it; it holds nothing back. It fulfills its purpose silently and makes no claim.

It nourishes the ten thousand things, But does not rule them. It has no aim; it is very small.

The ten thousand things return to it, Yet it does not rule them. It is very great.

It does not show greatness, And is therefore truly great.





THIRTY-FIVE

Everyone is drawn to those who keep to the one, For there lie rest and happiness and peace.

Passersby may stop for music and good food, But it is not possible to describe the Tao. Without substance or flavor, It cannot be seen, it cannot be heard, And yet it cannot be exhausted.





Thirty-six

That which shrinks Must first expand. That which fails Must first be strong. That which is cast down Must first be raised. Before receiving There must be giving.

This is called perception of the nature of things. Soft and weak overcome hard and strong.

Fish cannot leave deep water, And a country's weapons should not be displayed.



萬物将自化化而發作各將鎮之以無名之樣 我名之模夫之料無欲不疑以帮天下将自己 **西常教有和其不病侯王若能守之**

THIRTY-SEVEN

Tao abides in non-action,

Yet nothing is left undone.

If those in power observed this,

The ten thousand things would develop naturally.

If they still desired to act,

They would return to the simplicity of formless substance.

Without form there is no desire.

Without desire there is tranquillity.

And in this way all things would be at peace.





前過者通至華山思之始是以大丈夫处状為不必其清外其实不居其五年 むち直了後後を然の後にまに子なる我を入かんれたれる也信を活かれる方 故去被取此 上行為之前無以為主義為こあ有以為土禮為こ子莫之應則據習而打之 上總無為和無以為下德為之心有以為 上橋不德走以有德不德不安總是以熟德

THIRTY-FIGHT

Truly good people are not aware of their goodness, And are therefore good. Foolish people try to be good, And are therefore not good.

Truly good people do nothing, Yet leave nothing undone. Foolish people are always doing, Yet much remains to be done.

When truly kind people do something, they leave nothing undone. When just people do something, they leave a great deal to be done. When disciplinarians do something and no one responds, They roll up their sleeves and try to enforce order.

Therefore when Tao is lost, there is goodness.

When goodness is lost, there is kindness.

When kindness is lost, there is justice.

When justice is lost, there is ritual.

Now ritual is the husk of faith and loyalty, the beginning of confusion.

Knowledge of the future is only a flowery trapping of Tao.

It is the beginning of folly.

Therefore truly great people dwell on what is real and not what is on the surface, On the fruit and not the flower.

Therefore accept the one and reject the other.



告之得一者天得以酒地得以学神得以審為得以您京物得以生候主得以為天下真 是以保主自謂源若奈舒此此以践為在即北子故公數與無輿不欲欲欲如至站站如石 南的新以生将恐滅侯主無以賣高将恐蹶故青以暖為本一高以下為基 其發之天然以消粉恐勢地去以軍将恐族利其以電將恐敢谷為以益将恐遇

THIRTY-NINE

These things from ancient times arise from one:

The sky is whole and clear.

The earth is whole and firm.

The spirit is whole and strong.

The valley is whole and full.

The ten thousand things are whole and alive.

Those in power are whole, and the country is upright.

All these are in virtue of wholeness.

The clarity of the sky prevents it from falling.

The firmness of the earth prevents it from splitting.

The strength of the spirit prevents it from being exhausted.

The fullness of the valley prevents it from drying up.

The growth of the ten thousand things prevents their extinction.

Good leadership by those in power prevents the country from failing.

Therefore the humble is the root of the noble.

The low is the foundation of the high.

The wise consider themselves "orphaned," "widowed," and "worthless."

Their humility is the source of their strength.

Too much success is not an advantage.

Do not tinkle like jade

Or clatter like stone chimes.





Forty

Returning is the motion of the Tao. Yielding is the way of the Tao. The ten thousand things arise from being. Being arises from not being.



FORTY-ONE

The wise student hears of the Tao and practices it diligently.

The average student hears of the Tao and thinks about it now and then.

The foolish student hears of the Tao and laughs out loud

If there were no laughter, the Tao would not be what it is.

Hence it is said: The bright path seems dim; Going forward seems like retreat; The easy way seems hard: The highest Virtue seems empty; Great purity seems sullied; A wealth of Virtue seems inadequate; The strength of Virtue seems frail; Real Virtue seems unreal: The perfect square has no corners; Great talents ripen late; The highest notes are hard to hear; The greatest form has no shape. The Tao is hidden and without name. The Tao alone nourishes And brings everything to fulfillment.



大方無陽大器暖成大奇希聲大影典形 上主聞道動而行之中去聞道若存若七十二間道太矣之不矣不是以為道 直隐無名夫唯直善質且成 大包若辱題總若人足是被若俸負真若渝 故建言有之明直若珠也直若因奏直若賴上德若各

Forty-two

The Tao begot one.
One begot two.
Two begot three.
And three begot the ten thousand things.

The ten thousand things carry yin and embrace yang. They achieve harmony by combining these forces.

People hate to be "orphaned," "widowed," or "worthless," But this is how the wise describe themselves.

For one gains by losing And loses by gaining.

What others teach, I also teach; that is: "A violent person will die a violent death!" This is the essence of my teaching.



高生二生三生三生万物万物角陰而花陽冲氣以為和 人訴教我以教之强果者不得其死各所以為,教人 人之所思唯必事不都而五公以為於的物或損害面或五品損

FORTY-THREE

The softest thing in the universe Overcomes the hardest thing in the universe. That without substance can enter where there is no room. Hence I know the value of non-action.

Teaching without words and working without doing Are understood by very few.







Forty-four

Fame or self: Which matters more? Self or wealth: Which is more precious? Gain or loss: Which causes more pain?

Those who are attached to things will suffer greatly.
Those who save will suffer heavy losses.
Those who are contented are never disappointed.
Those who know when to stop do not find themselves in trouble.
They remain forever safe.





FORTY-FIVE

Great accomplishment seems imperfect, Yet it does not outlive its usefulness. Great fullness seems empty, Yet it cannot be exhausted.

Great straightness seems twisted. Great intelligence seems stupid. Great eloquence seems awkward.

Movement overcomes cold. Stillness overcomes heat. Stillness and tranquillity restore order in the universe.



福泉大于不忘見替草大于湖山城を見る見者とる大 大下有道都表為以養天子無菌或為生於卵影要大子の彼

Forty-six

When the Tao is present in the universe, The horses haul manure. When the Tao is absent from the universe, War horses are bred outside the city.

There is no greater sin than craving,
No greater curse than discontent,
No greater misfortune than wanting something for ourselves.
Therefore those who know that enough is enough will always have enough.





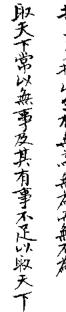
FORTY-SEVEN

Without going outside, you may know the whole world. Without looking through the window, you may see the ways of heaven. The farther you go, the less you know.

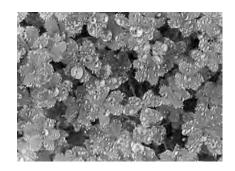
Thus the wise know without traveling; See without looking; Work without doing.



為學目益為道日損 捐之又損以至於無為無為而無不為







FORTY-EIGHT

In the pursuit of learning, something is acquired every day. In the pursuit of the Tao, every day something is relinquished.

Less and less is done Until non-action is achieved. When nothing is done, nothing is left undone.

The world is governed by letting things take their course. It cannot be governed through interference.

聖人無常以百姓心為以名內会吾之 不為此名言為立他的者信及及信之不信好多心信之德信

聖人在天下報報的天下揮天心百姓皆海其斗目電人皆孩之



FORTY-NINE

The wise do not hold opinions. They are aware of the needs of others.

I am good to people who are good.
I am also good to people who are not good,
Because Virtue is goodness.
I have faith in people who are faithful.
I also have faith in people who are not faithful,
Because Virtue is faithfulness.

The wise are shy and humble. They behave like small children. To the world they seem confusing. Yet people look to them and listen.







Fifty

Between birth and death,
Three in ten are followers of life,
Three in ten are followers of death,
And people just passing from birth to death also number three in ten.
Why is this?
Because they live their lives on the gross level.

Those who know how to live walk abroad
Without fear of rhinoceroses or tigers.
They will not be wounded in battle.
For in them the rhinoceros finds no place to thrust its horn,
Nor the tiger to use its claws,
And weapons no place to pierce.
Why is this?
Because they have no place for death to enter.



FIFTY-ONE

All things arise from Tao.
They are nourished by Virtue.
They are formed from matter.
They are shaped by environment.
Thus the ten thousand things respect Tao and honor Virtue.
Respect of Tao and honor of Virtue are not demanded,
But they are in the nature of things.

Therefore all things arise from Tao. By Virtue they are nourished, Developed, cared for, Sheltered, comforted, Grown, and protected. Creating without claiming, Doing without taking credit, Guiding without interfering. This is Primal Virtue.



FIFTY-TWO

The beginning of the universe Is the mother of all things. Knowing the mother, you also know the sons. Knowing the sons, yet remaining in touch with the mother, Brings freedom from the fear of death.

Keep your mouth shut, Guard the senses, And life is always full. Open your mouth, Always be busy, And life is beyond hope.

Seeing the small is insight; Yielding to force is strength. Using the outer light, return to insight, And in this way be saved from harm. This is learning constancy.



見古明守香港中老人被歸其明老國丹姓多為智者 沒好不信塞其色前其門終牙不動開其免済其事然与不敢 天下有始以為天下母既如其母以知其子既知其子復守其母

朝甚除田甚燕倉甚虚服又然带利劍衛饮食 財貨有係是謂监有非道也哉 大道甚東而民好往 侯我介始有知行於大道唯他是長



FIFTY-THREE

If I have even just a little sense, I will walk on the main road and my only fear will be of straying from it. Keeping to the main road is easy, But people are easily distracted.

When the court is arrayed in splendor,
The fields are full of weeds,
And the granaries are empty.
Some wear gorgeous clothes,
Carry sharp swords,
And indulge in food and drink;
They have more possessions than they can use.
This is certainly not the way of Tao.



Fifty-four

What is firmly established cannot be uprooted. What is firmly grasped cannot slip away. It will be honored from generation to generation.

Cultivate Virtue in yourself,
And Virtue will be real.
Cultivate it in the family,
And Virtue will abound.
Cultivate it in the village,
And Virtue will grow.
Cultivate it in the nation,
And Virtue will be abundant.
Cultivate it in the universe,
And Virtue will be everywhere.

Therefore look at the body as body; Look at the family as family; Look at the village as village; Look at the nation as nation; Look at the universe as universe.

How do I know the universe is like this? By looking! 考例以如天下近我以此 故以月观身以於沈於如鄉北鄉以國处國 修文六天下其德乃者 修兵鄉其他乃長修元大國其他乃替 修養身其他乃具修養於其他乃飲 美生者不及者を抱者る脱るからなれる級 以天下沈天下







FIFTY-FIVE

If you are filled with Virtue you are like a newborn child. Wasps and serpents will not harm you;

Wild beasts will not pounce on you;

You will not be attacked by birds of prey.

Your bones are soft, your muscles weak,

But your grip is firm.

You have not experienced the union of man and woman, yet you are whole.

You are strong.

You may shout all day without becoming hoarse.

This is perfect harmony.

Knowing harmony is constancy. Knowing constancy is enlightenment.

It is not wise to rush about.
Trying to control the breath causes strain.
If too much energy is used, exhaustion follows.
This is not the way of Tao.
Whatever is contrary to Tao will not last long.

今可得心害奇得客子得和既故者得不就会得不知 是調之回 <u>推其飲鮮其か知其夫同其屋</u>知ちな言言者不如塞其免用其门

Fifty-six

Those who know do not talk. Those who talk do not know.

Close your mouth.
Guard your senses.
Temper your sharpness.
Simplify your problems.
Mask your brightness.
Be at one with the dust of the earth.
This is primal union.

Those who have achieved this state Do not distinguish between friends and enemies, Between good and harm, between honor and disgrace. This is the highest state of being.



天下多是語中民都有多利器風於城谷也的山如其也教以传 好里人云城安力如此自父班好都中此自公人为佐好奇的浴起法令成新追城多有 出去了中氏目高我 無欲不比自樣



FIFTY-SEVEN

Rule a nation with justice.

Wage war with surprise tactics.
Become the master of the universe without striving.
How do I know that this is so?
Because of this!

The more laws and restrictions there are,
The poorer people become.
The sharper men's weapons,
The more trouble in the land.
The more ingenious and clever people are,
The more strange things happen.
The more rules and regulations,
The more thieves and robbers.

Therefore the wise one says:
"I take no action and people behave themselves.
I enjoy peace and people become honest.
I do nothing and people become rich.
I have no desires and people return to the good and simple life."

是外聖人方如為事原而不制方面不肆之而不耀心官的奇事者後必姓人之也其中固久就多福之所何福有祸之所伏熟知失趣其些以 其的問其此學得其以於外其此歌映

FIFTY-EIGHT

When the country is ruled with a light hand The people are simple. When the country is ruled harshly, The people are cunning.

Happiness is rooted in misery.
Misery lurks beneath happiness.
Who knows what the future holds?
There is no honesty.
Honesty becomes dishonest.
Goodness becomes delusion.
People's delusion lasts for a long time.

Therefore the wise are sharp but not cutting, Pointed but not piercing, Straightforward but not unrestrained, Brilliant but not blinding.





FIFTY-NINE

In caring for others and serving heaven,
There is nothing like using restraint.
Restraint begins with giving up our own ideas.
This depends on Virtue gathered in the past.
If there is a good store of Virtue, then nothing is impossible.
If nothing is impossible, then there are no limits.
If we know no limits, then we are fit to rule.
The mother principle of ruling holds good for a long time.
This is called having deep roots and a firm foundation,
The Tao of long life and eternal vision.





Sixty

Ruling the country is like cooking a small fish. Approach the universe with Tao, And evil will have no power. Not that evil is not powerful, But its power will not be used to harm others. Not only will it do no harm to others, But the wise will also be protected. We will not hurt one another, And the Virtue in each of us refreshes everyone.







Sixty-one

A great nation is like low land. It is the meeting ground of the universe, The mother of the universe.

The female overcomes the male with stillness, Lying low in stillness.

Therefore if a great nation yields to a smaller nation, It will conquer the smaller nation.

And if a smaller nation submits to a great nation, It can conquer the great nation.

Therefore those who would conquer must yield, And those who conquer do so through yielding.

A great nation needs more people; A small nation needs to serve. Each gets what it wants. It is fitting for a great nation to yield.



Sixty-two

It is the treasure of the good and the refuge of the bad.

Sweet words can buy honor;

Good deeds can gain respect.

If people are bad, do not abandon them.

Therefore on the day the emperor is crowned,

Or the three officers of state installed,

Do not send a gift of jade and a team of horses,

But remain still and offer the Tao.

Why does everyone value the Tao?

Isn't it because you find what you seek and are forgiven when you sin?

Therefore this is the greatest treasure in the universe.

Tao is the source of the ten thousand things.

おとめら最はる)なはなりなる有民の見郷なる天下貴人的をお子室三公然有社会の先駆与人の智色はる」子言可いおされずがんべる不苦の妻之有るためを與る人之でなるとい歌は

必要る可要可味要味不多少极思い他 省 地子子 おる大丁大御天下地る心作于ち 故於車院是多名此多教艺以客人就难之大程法必要信多名此多教艺以客人就难之大程法以客人的不为大校舒服方大天下大可以作于细考的爱人的不为大校舒服方大

SIXTY-THREE

Practice non-action.
Work without doing.
Taste the tasteless.
Magnify the small, increase the few.
Reward bitterness with care.

See simplicity in the complicated. Achieve greatness in small things.

In the universe the difficult things are done as though they were easy. In the universe great acts are made up of small deeds. The wise do not attempt anything very big, And thus achieve greatness.

Easy promises make for little trust.

Taking things lightly results in great difficulty.

Because the wise always confront difficulties,

They never experience them.



女母為枯其未此多游其我多洋大學多数尚之代未有沒之於未 私 为好的主机行为主义的重人处的故事效要机故典长人会抢了不生于毫非九零之名也于男子不里之行好于巴下 まちなんなるなる者なるとなるかとなる人之所る 心を方形とりをかる敢る 心後る常元的中以主接近的的刺要以 B



Sixty-four

Peace is easily maintained; Trouble is easily overcome before it starts. The brittle is easily shattered; The small is easily scattered.

Deal with things before they happen. Put things in order before there is confusion.

A tree as great as a man's embrace springs from a small shoot; A terrace nine stories high begins with a pile of earth; A journey of a thousand miles starts under one's feet.

Those who act defeat their own purpose; Those who grasp lose. The wise do not act and so are not defeated. They do not grasp and therefore do not lose.

People usually fail when they are on the verge of success. So give as much care to the end as to the beginning; Then there will be no failure.

Therefore the wise seek freedom from desire.
They do not collect precious things.
They learn not to hold onto ideas.
They bring people back to what they have lost.
They help the ten thousand things find their own nature,
Yet they refrain from action.

如中的大将或常知榜到是沒之德 古き書る直至いる此的は思之めと死内以大切多 又愈居去色主其此女兵也尚乃至大明

SIXTY-FIVE

In the beginning those who knew the Tao did not try to enlighten others, But kept it hidden.

Why is it so hard to rule? Because the people are so clever.

Rulers who try to use cleverness

Cheat the country.

Those who rule without cunning

Are a blessing to the land. These are the two alternatives.

Understanding these is Primal Virtue.

Primal Virtue goes deep and far.

It leads all things back

Toward the great oneness.



見い天下水花山不麻以下中次大下莫待からり 日子、称上氏の言下之献先氏心事後こ 江海水が飲ある花車の米をお下之的動力るなる 見いなくないのある事からなかめるまち

Sixty-six

Why is the sea king of a hundred streams? Because it lies below them. Therefore it is the king of a hundred streams.

If you would guide the people, you must serve with humility. If you would lead them, you must follow behind. In this way when you rule, the people will not feel oppressed; When you stand before them, they will not be harmed. The whole world will support you and will not tire of you.

Because you do not compete, You will not have competition.





SIXTY-SEVEN

Everyone under heaven says that my Tao is great and beyond compare. Because it is great, it seems different.

If it were not different, it would have vanished long ago.

I have three treasures which I hold and keep.
The first is mercy; the second is economy;
The third is daring not to be ahead of others.
From mercy comes courage; from economy comes generosity;
From humility comes leadership.

Nowadays people shun mercy but try to be brave; They abandon economy but try to be generous; They do not believe in humility but always try to be first. This is certain death.

Mercy brings victory in battle and strength in defense. It is the means by which heaven saves and guards.





Sixty-eight

A good soldier is not violent.

A good fighter is not angry.

A good winner is not vengeful.

A good employer is humble.

This is known as the Virtue of not striving.

This is known as the ability to deal with people.

This since ancient times has been known as the ultimate unity with heaven.



是謂行無行樣無情扔無敵执無兵用兵有言吾不敢為主而為害不敢追す而退尺 祸莫大於輕敵徑敵幾夜吾寶故抗兵相加家者勝失

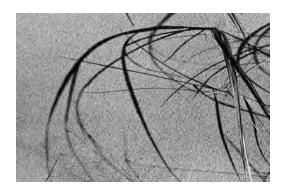
Sixty-nine

There is a saying among soldiers:
"I dare not make the first move but would rather play the guest;
I dare not advance an inch but would rather withdraw a foot."

This is called marching without appearing to move, Rolling up your sleeves without showing your arm, Capturing the enemy without attacking, Being armed without weapons.

There is no greater catastrophe than underestimating the enemy. By underestimating the enemy, I risk losing what I value.

Therefore when the battle is joined, The underdog will win.



SEVENTY

My words are easy to understand and easy to perform, Yet no one under heaven knows them or practices them

My words have ancient beginnings.
My actions are disciplined.

Those that know me are few:

Because people do not understand, they have no knowledge of me.

Those that abuse me are honored. Therefore the wise wear rough clothing and hold the jewel in their heart.





SEVENTY-ONE

Knowing ignorance is strength. Ignoring knowledge is sickness.

If one is sick of sickness, then one is not sick. The wise are not sick because they are sick of sickness. Therefore they are not sick.







Seventy-two

When people lack a sense of awe, there will be disaster.

Do not intrude into their homes.
Do not harass them at work.
If you do not interfere, they will not weary of you.

Therefore the wise know themselves but make no show, Have self-respect but are not arrogant. They let go of that and choose this.



輝然不考謀天網快快疏心不失天之所思孰知其於是以坐人猶難之天之所思孰知其於是以坐人猶難之 勇於敢則於勇於不敢則治此內者或利或害

SEVENTY-THREE

A brave and passionate person will kill or be killed.

A brave and calm person will always preserve life.

Of these two which is good and which is harmful?

Some things are not favored by heaven. Who knows why?

Even the wise are unsure of this.

The Tao of heaven does not strive and yet it overcomes. It does not speak and yet is answered. It does not ask, yet all its needs are met. It seems to have no aim and yet its purpose is fulfilled.

Heaven's net is cast wide. Though its meshes are coarse, nothing slips through.





SEVENTY-FOUR

If people are not afraid to die, It is of no avail to threaten them with death.

If people live in constant fear of dying, And if breaking the law means that someone will be killed, Who will dare to break the law?

There is always an official executioner.

If you try to take his place,
It is like trying to be a master carpenter and cutting wood.

If you try to cut wood like a master carpenter, you will only hurt your hand.

苦使民常畏死而為奇昔吾得執不敬之孰敢 民不畏死奈何以死懼之 常有可好者殺夫代可我者殺是謂代大臣斷 夫代大正野者希有不傷其手矣







SEVENTY-FIVE

Why are the people starving? Because the rulers eat up the money in taxes. Therefore the people are starving.

Why are the people rebellious? Because the rulers interfere too much. Therefore the people are rebellious.

Why do the people think so little of death? Because the rulers demand too much of life. Therefore the people take death lightly.

Having little to live on, they know better than to value life too highly.

人之生之不利其死也堅強高物學小之生也不能 其处也被隐以坚然好处之後来的方生之後 ~公兵務例不断小務何兵務立下来的か上

Seventy-six

We are born gentle and weak, but at death are stiff and hard. Green plants are tender and filled with sap. At their death they are withered and dry.

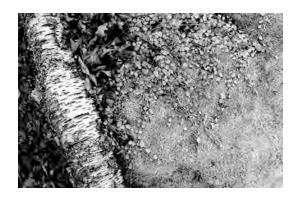
Therefore the stiff and unbending is the disciple of death. The gentle and yielding is the disciple of life.

Thus an army without flexibility never wins a battle. A tree that is unbending is easily broken.

The hard and strong will fall. The soft and weak will overcome.



是以聖人のか、行いおやな此其不能見賢 天子百天衛格子其真子柳之下子一之 我能有练这奉天下唯有多 み 大之道衛有餘而補公己人之る」到小む校不己以奉有休 有你有精之公是存補之



Seventy-seven

The Tao of heaven is like bending a bow. The high is lowered and the low is raised. If the string is too long, it is shortened; If there is not enough, it is made longer.

The Tao of heaven is to take from those who have too much and give to those who do not have enough. Ordinary people act differently.

They take from those who do not have enough and give to those who already have too much.

Who has more than enough and gives it to the world?

Only the wise.

Therefore the wise work without recognition.

They achieve what has to be done without dwelling on it.

They do not try to show their knowledge.

天下東京的水水的以至海午東之的情以去此以易之 為之情的亲之勝剛天下莫己知真似好 五八年人之受國之城里也仍社樣主要國不祥 是乃天下王公言若な

SEVENTY-EIGHT

Under heaven nothing is more soft and yielding than water.

Yet for attacking the solid and strong, nothing is better;

It has no equal.

The weak can overcome the strong;

The supple can overcome the stiff.

Under heaven everyone knows this,

Yet no one puts it into practice.

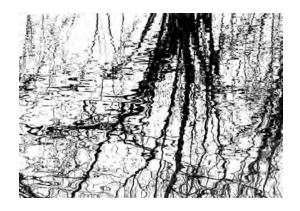
Therefore the wise say:

"If you take on the humiliation of the people, you are fit to rule them.

If you take upon yourself the country's disasters,

You deserve to be ruler of the universe."

The truth often sounds paradoxical.



SEVENTY-NINE

After a bitter quarrel, some resentment remains.

What can be done about this?

The wise keep their half of the bargain

But do not exact their due.

Virtuous people perform their part,

But those without Virtue require others to fulfill their obligations.

The Tao of heaven is impartial.

It remains with those who are good.







Eighty

A small country has fewer people.

Though there are machines that can work ten to a hundred times faster than people,

They are not needed.

The people take death seriously and do not travel far.

Though they have boats and carriages, no one uses them.

Though they have armor and weapons, no one displays them.

People return to the knotting of rope in place of writing.

Their food is plain and healthy, their clothes fine but simple, their homes secure;

They are happy in their lives.

Though they live within sight of their neighbors,

And crowing cocks and barking dogs are heard across the way,

Yet they leave each other in peace while they grow old and die.



信言否美美言不信善者不解解者不善知者不惧博者不知 聖公頑既以為人己愈有既以與人己愈多 大之司利而不害知人之司為而不引

EIGHTY-ONE

Truthful words are not beautiful. Beautiful words are not truthful. Good people do not argue. Those who argue are not good. Those who know are not learned. The learned do not know.

The wise never try to hold onto things.
The more you do for others, the more you have.
The more you give to others, the greater your abundance.
The Tao of heaven is sharp but does no harm.
The Tao of the wise is to work without effort.

