

## **Taoist Tranquility Meditation**

### **Mind of still water**

*All beings, grass and trees, when alive, are soft and bending  
When dead they are dry and brittle.  
Therefore the hard and unyielding are companions of death,  
The soft and yielding are companions of life.  
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.  
- Lao Tzu*

Nothing is softer than water but as an opposing force to hardness there is nothing that can compare. Ultimate compassion is like water. It irrigates and nourishes thousands of things unconditionally. It appears empty but can slowly grow. When water is calm and still it can reflect the truth. It does not have the intention of catching any particular reflection but no any shapes can escape from its mirror. The different currents of water can be swift and turbid but can slowly gradually become calm and clarified of its own virtue.

On the path of mind of still water, Taoist tranquility meditation focuses on understanding the nature of water and transforming yourself as water. Not only reflecting but changing as the objective changes, acting with no mind and going with the flow without attachment. Our mind is like water. It can be murky but is able to purify itself.

*“Men do not seek to see themselves in the running water, but in the still water.”* Only when there is stillness can everything gather together. This path of meditation represents the current, the now and self-development.

There are three steps in the mind of still water:

1) 静中求动 – Static in the dynamic

Open your empty room to allow essence and Qi in like water. It irrigates and nourishes one's microcosmic and macrocosmic orbits. Feel purity, compassion and love while experiencing movement in a static state.

2) 动中求静 – Dynamic in the static

Harmonize you and water as one. Float with the current, gathering thousands of drops into the stream, streams flow into river, rivers into ocean. Feel stillness within the movement.

### 3) 静中求静 – Static in the static

There is no beginning or end in movement, there is no beginning or end in stillness. Change is instantaneous and movement is within stillness. Everything is in its natural state of being. All actions are spontaneous - actionless action.

Once it was said "...By the time it came to the edge of the forest the stream had grown up so that it was almost a river. Being grown-up it did not run, jump and sparkle along as it used to when it was younger, now moving more slowly and deeply. For it knew that great ocean was not too far away and as if recalling this to itself it said " There is no need hurry, we shall get there some day."..."