



5 Starter Facts About Daoism

1. Daoism, or Taoism, is a collection of Chinese philosophical traditions that have developed since 4th century BCE. Before the Chinese Communist revolution, Daoism was one of the strongest religions in China. Numbers significantly reduced, and it has become difficult to assess the population of Daoists.
2. The sacred writings Daodejing and the Zhuangzi are composite texts written and rewritten through the centuries with varied input from multiple anonymous writers. The former text is more poetic in style, while the latter is a unique narrative, considered in the Literature community as a distinctive treasure for its style.
3. The tradition is all about following *dao* or “the Way.” This is not concretely defined. Rather than being considered a religion, Daoism is better understood as a system of belief, attitudes, and practices set towards accepting oneself and following Dao.
4. Daoism worships many deities. They are part of the universe and depend, like everything, on Dao.
5. Daoist practices include meditation, feng shui, fortune telling, and the recitation of scriptures. Alchemy is also practiced internally, in the form of breath exercises, massage, martial arts, and yoga, and externally, with minerals and herbs to promote longevity.

Learn more at:

<http://www.iep.utm.edu/daoism/>

These five points are not meant to be comprehensive or authoritative. We hope they encourage you to explore this spirituality more deeply and seek out members of this community to learn about their beliefs in action. In understanding our differences we will better understand our common humanity.

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