

**TAO OF TAOISM**

**USING THE DAO TE CHING**  
**TO IMPROVE YOUR LIFE**  
**(TAO TEH KING)**

BY  
**BUDDHA ZHEN**  
**(RICHARD DEL CONNOR)**

Based upon the writings of Lao-Tzu

By the author of [History of Zen from A to Z](#)

Published by **Shaolin Communications**



**RAVES FOR TAO OF TAOISM**  
**BY BUDDHA ZHEN**

**ALSO BY BUDDHA ZHEN**

**BUDDHA KUNG FU STUDENT MANUAL**

**COMBAT TAIJI**

**CONNOR BLACK HOLE BUBBLE THEORY**

**HISTORY OF ZEN FROM A TO Z**

**HUMAN VALUES FOR SUCCESS IN FAMILY & BUSINESS**

**MASONIC KUNG FU BOOK 1**

**SHAOLIN KUNG FU BEGINNER**

**SHAOLIN KUNG FU INITIATE**

**SHAOLIN KUNG FU INTERMEDIATE**

**SHAOLIN KUNG FU STAFF BASICS**

**TAI CHI BEGINNER**

**TAI CHI BEGINNER CLASS READING MANUAL**

**TAI CHI INTERMEDIATE**

**ZEN SPIRIT BOOK**

## **Tao of Taoism - Using the Dao Te Ching to Improve Your Life**

by Buddha Zhen - Zhen Shen-Lang "Spirit Wolf of Truth"

(Richard Del Connor)

**Published by Shaolin Communications**

**818-723-2769**

[publisher@shaolinCOMMUNICATIONS.com](mailto:publisher@shaolinCOMMUNICATIONS.com)

© Copyright 2013 [shaolinMUSIC.com](http://shaolinMUSIC.com) All rights reserved.

This book, or parts of this book, may not be reproduced in any form without written permission from the publisher. For permission to use, publish, or license any of this book, contact the Publisher, Shaolin Communications.

Edited and typeset by Richard Del Connor.

Calligraphy and Yin Yang artwork by [Buddha Zhen](#).

Photography and digital art by [The Hippy Coyote](#).

First edition, **Tao - Coming To Terms**, released April 8, 1993.

**PDF Download Printable Version: ISBN: 978-1-57551-235-8**

### **Other versions:**

Paperback Version: ISBN: 978-1-57551-238-9

Hardcover Version: ISBN: 978-1-57551-237-2

Smashwords ebooks: ISBN: 978-1-57551-242-6

THIS book is the 2nd Edition PDF Release by Shaolin Communications.

### **Author: Richard Del Connor**

Chinese name: Zhen, Shen-Lang = Shen-Lang Zhen "[Buddha Zhen](#)"

English translation: Spirit Wolf of Truth

[Richard Del Connor](#) is a "Buddhist Scientist," an American philosopher, cinematographer, photographer, photo-journalist, journalist, and founder of of Shaolin Records. Richard is also an author, novelist, poet, editor, publisher and founder of Shaolin Communications. Richard spent 15 years as a Mr. Mom after graduating UCLA Motion Picture Program 1988, and home-schooled his daughter for several years.

Buddha Zhen is the founder of [Shaolin Chi Mantis Traditional Buddhist Gongfu and Taijiquan](#) in 1992, [Shaolin Zen "CyberTemple"](#) in 1993, [Tai Chi Youth nonprofit charity](#) in 1996, [Buddha Kung Fu](#) schools in 2008, and the [shaolinINTERACTIVE.com](http://shaolinINTERACTIVE.com) website featuring 66 videos teaching Tai Chi and Shaolin Kung Fu.

### **PHILOSOPHY / RELIGION: Taoism**

PDF ISBN: 978-1-57551-235-8

8 7 6 5 4 3

For updates and information about Buddha Zhen, visit [www.BuddhaZhen.com](http://www.BuddhaZhen.com)

## TABLE OF CONTENTS

[Title Page](#)

[Raves](#)

[Also by Buddha Zhen](#)

[Copyright Page](#)

[Table of Contents](#)

[Dedication](#)

[Explanation](#)

[The Dao](#)

[Lao Tzu](#)

[Chapter 1 \(Tao 1 - 10\)](#)

[Chapter 2 \(Tao 11 - 20\)](#)

[Chapter 3 \(Tao 21 - 30\)](#)

[Chapter 4 \(Tao 31 - 35\)](#)

[Bibliography](#)

[Tai Chi Youth Nonprofit](#)

[Videos of SCM](#)

[Private Lessons](#)

[Seminars](#)

[Masonic Kung Fu](#)

[Buddha Kung Fu](#)

[Tai Chi Magic 1](#)

[Tai Chi Products](#)

[Podcasts](#)

[History of Zen](#)

[Back Cover](#)

**DEDICATED  
TO LAO TZU**

**(AUTHOR OF TAO TE CHING)**

## EXPLANATION

*\*Translation NOTE: This ebook version of **Tao of Taoism** uses both "Tao," which is Cantonese, and also "Dao," which is the current Mandarin Chinese language of China. They are the same word with the same meaning.*

I hope you enjoy both the insights from what I wrote plus the insights from what you write.

Self-discovery is the "last frontier" for the "smartest" of men. This book is a journey down your own very unique "last frontier."

The **Tao-Te-Ching** by Lao Tzu can be interpreted in many ways, even if the original author was intending to be specific. For Westerners, this is especially difficult, because his intended audience was expected to grasp some of his idioms or Chinese concepts. Some of these concepts are foreign to us foreigners and the translations I've read can vary in their attempt to make the book understandable.

I originally wrote this book for myself, then realized it was useable for other people.

Then I rewrote it again when I created my Shaolin Chi Mantis Kung Fu schools in 1993 into a student manual for psychoanalyzing yourself, to help my students develop a dialogue with their own inner minds.

*Let me know how this book helps and inspires you.*

Best wishes,

Buddha Zhen



## THE DAO

The **Dao** is *Nature*.

The **Dao** is our *Path in life*.

The **Dao** is our *Way of traveling our path*.

The **Dao** is the *Natural way that reality unfolds or reacts*.

The **Dao** is different for each of us because each of us have a *different awareness of it*.

## **LAO TZU**

As the accidental founder of Daoism (Taoism), he has been heralded and sainted.

I read that he was a contemporary and possibly a friend of Confucius. What a great combination they make. Confucius explains the "Dao of Family" and Lao Tzu teaches the "Dao of Nature." By combining these two philosophers we create the "Dao of Social Order."

My knowledge of the history of Lao Tzu (Lao-Tzu, Lao Tzi...) is based upon oral transmissions from my mentors, Daoist Priests, Tai Chi teachers, and the introductory pages of many books on Daoism I have read over the past 40 years. Since I have yet to "study his life," I will refrain from an explanation about him, and perhaps in a subsequent book, transmit what I believe is the true story about his writing the **Tao-Te-Ching**, and why he wrote it.

This book, **Tao of Taoism**, is a study of the words of Lao Tzu, my interpretations of several translations of the Tao-Te-Ching. Incorporating these wisdoms into my Shaolin Chi Mantis Kung Fu schools provided a unique opportunity to improve the lives of my students by helping them put these interpretations into practice and seeing their validity. Watching my students improve their ways of thinking also inspired me to make this book public, to benefit as many people as I possibly can.

**1.**

*Nature is the undefinable source of all life.  
We attempt to distinguish it as "chi"  
but this represents Nature as much as a leaf represents a tree.*

Describe Nature as you see it: \_\_\_\_\_  
\_\_\_\_\_

Describe your relationship with Nature: \_\_\_\_\_  
\_\_\_\_\_

Explain Nature's and mankind's relationship: \_\_\_\_\_  
\_\_\_\_\_

How can you be better in tune with Nature: \_\_\_\_\_  
\_\_\_\_\_

How can mankind be better in tune with Nature: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_  
\_\_\_\_\_

**NOTE:** *If you do not have a "Shifu" (Master Father / Tai Chi-Kung Fu Master) in your life, have your mentor/father/guru or elder brother evaluate your answers and offer suggestions.*

2.

*The nature of each person is a collection  
of various characters and identities.  
Even the best or most pronounced abilities  
do not represent anyone as a description.*

Describe your own nature as you know it: \_\_\_\_\_  
\_\_\_\_\_

How does your nature guide you: \_\_\_\_\_  
\_\_\_\_\_

How do you know when you are in conflict with your nature: \_\_\_\_\_  
\_\_\_\_\_

How did your nature develop unconsciously: \_\_\_\_\_  
\_\_\_\_\_

Who or what influenced your nature to be what it is: \_\_\_\_\_  
\_\_\_\_\_

How did you consciously develop your nature:  
\_\_\_\_\_

What can you do to improve or develop your nature: \_\_\_\_\_  
\_\_\_\_\_

Which of your natures is most prominent or receives the highest priority: \_\_\_\_\_  
\_\_\_\_\_

Which of your natures should be most prominent for the next five years:

Shifu suggestions: \_\_\_\_\_  
\_\_\_\_\_

3.

*Contentment is in accomplishing tasks without competition.  
The inner needs of each person  
should be involved in the pursuits of careers.*

How do you decide which tasks to accomplish: \_\_\_\_\_

How do you decide how to accomplish them: \_\_\_\_\_

\_\_\_\_\_

How do you know when a task is completed: \_\_\_\_\_

Who do you compete with and why: \_\_\_\_\_

Why do you compete at anything: \_\_\_\_\_

How are you competing with your past: \_\_\_\_\_

How are you competing against programmed expectations from others: \_\_\_\_\_

\_\_\_\_\_

How are you competing against self-programmed expectations: \_\_\_\_\_

\_\_\_\_\_

How do you feel when you win and why: \_\_\_\_\_

How do you feel when you lose and why: \_\_\_\_\_

How easily can you let someone else win without their knowing it: \_\_\_\_\_

How can you be less competitive: \_\_\_\_\_

Shifu suggestions about competition: \_\_\_\_\_

What are your inner needs: \_\_\_\_\_

\_\_\_\_\_

How are your inner needs woven into your career: \_\_\_\_\_

\_\_\_\_\_

How does your career lack the ability to ever satisfy certain inner needs: \_\_\_\_\_

\_\_\_\_\_

What can you do to insure that ALL your inner needs are being dealt with: \_\_\_\_\_

\_\_\_\_\_

Shifu suggestions regarding inner needs: \_\_\_\_\_

\_\_\_\_\_

4.

*Nature is a cosmic whirlpool of inexhaustible energy.  
Whether you splash, join, or leave the whirlpool,  
the forces of Nature continue unchanged.*

How are you connected to the cosmic whirlpool: \_\_\_\_\_

How inexhaustible is your internal energy: \_\_\_\_\_

What are your most energetic hours of the day: \_\_\_\_\_

When would you like to have more energy: \_\_\_\_\_

When do you do your Tai Chi each day: \_\_\_\_\_

When do you practice your Kung Fu each day: \_\_\_\_\_

How do you feel after practicing Tai Chi: \_\_\_\_\_

How do you feel after practicing Kung Fu: \_\_\_\_\_

Explain your eating schedule each day: \_\_\_\_\_

\_\_\_\_\_

Explain your resting schedule each day: \_\_\_\_\_

Explain your personal time each day: \_\_\_\_\_

How can your daily schedule be improved: \_\_\_\_\_

Shifu schedule suggestions: \_\_\_\_\_

Shifu energy suggestions: \_\_\_\_\_

How do you wake up each morning and how quickly are you awake: \_\_\_\_\_

Explain your morning habits before going to work or school: \_\_\_\_\_

\_\_\_\_\_

Which direction (N/E/S/W) does your head point when you sleep each night: \_\_\_\_\_

Shifu sleeping suggestions: \_\_\_\_\_

Explain your after-work or after-school habits: \_\_\_\_\_

\_\_\_\_\_

How are you adding energy back into the cosmic whirlpool: \_\_\_\_\_

\_\_\_\_\_

How aware are you of all energy sources around you: \_\_\_\_\_

Shifu exercise suggestions: \_\_\_\_\_

5.

*The value of opposites amounts to nothing.  
To separate, glorify, or deny something in protection of its opposite  
creates a weakness by the loss.  
All things are of value despite our preference.*

What is the opposite of you: \_\_\_\_\_  
\_\_\_\_\_

Explain your character polarities (good side/dark side): \_\_\_\_\_  
\_\_\_\_\_

How do you control your dark side: \_\_\_\_\_  
\_\_\_\_\_

What do you dislike the most in others: \_\_\_\_\_  
\_\_\_\_\_

How do you control these dislikes in yourself: \_\_\_\_\_  
\_\_\_\_\_

What are you fighting to control for the sake of some rule that is difficult to follow: \_\_\_\_\_  
\_\_\_\_\_

Nature is seasons of opposites. Winter has its time, as does summer. How are your opposites regulated, controlled, or allowed their own release: \_\_\_\_\_  
\_\_\_\_\_

Describe your overall balance of opposites: \_\_\_\_\_  
\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_  
\_\_\_\_\_

6.

*Distinguishing between opposites  
creates the illusory value of each one.*

How do you value or rate the strengths of your positive character: \_\_\_\_\_  
\_\_\_\_\_

How do you value or rate the strengths of your negative character: \_\_\_\_\_  
\_\_\_\_\_

How does your positive character control your negative character: \_\_\_\_\_  
\_\_\_\_\_

How does your negative character control your positive character: \_\_\_\_\_  
\_\_\_\_\_

How can your positive character be better utilized: \_\_\_\_\_  
\_\_\_\_\_

How can your negative character be better utilized: \_\_\_\_\_  
\_\_\_\_\_

How can your positive and negative characters be better balanced: \_\_\_\_\_  
\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_  
\_\_\_\_\_

7.

*As one argument begins another is ended.  
Eventually all things started will end.  
It is the CYCLE of beginnings and conclusions that should be viewed,  
from as far away as possible,  
rather than be caught in the middle or on either side  
where the viewpoint is limited.*

Do you argue with your parents? Explain: \_\_\_\_\_  
\_\_\_\_\_

Do you argue with your loved ones? Explain: \_\_\_\_\_  
\_\_\_\_\_

Who else do you argue with and why: \_\_\_\_\_  
\_\_\_\_\_

What is it that you want to teach the world in general: \_\_\_\_\_  
\_\_\_\_\_

What have you achieved that you'd like to see others achieve: \_\_\_\_\_  
\_\_\_\_\_

What should you achieve that seems too difficult: \_\_\_\_\_  
\_\_\_\_\_

What habits, fears, and insecurities do you need to lose: \_\_\_\_\_  
\_\_\_\_\_

How does the world limit you: \_\_\_\_\_  
\_\_\_\_\_

What is your current career cycle: \_\_\_\_\_  
\_\_\_\_\_

What is your current love cycle: \_\_\_\_\_  
\_\_\_\_\_

What is your current physical cycle: \_\_\_\_\_  
\_\_\_\_\_

Describe your position in your current career cycle: \_\_\_\_\_

\_\_\_\_\_

Describe your position in your current love cycle: \_\_\_\_\_

\_\_\_\_\_

Describe your position in your physical cycle: \_\_\_\_\_

\_\_\_\_\_

What is the end of this current career cycle: \_\_\_\_\_

\_\_\_\_\_

What is the end of this current love cycle: \_\_\_\_\_

\_\_\_\_\_

What is the end of this current physical cycle: \_\_\_\_\_

\_\_\_\_\_

What is the next career cycle: \_\_\_\_\_

\_\_\_\_\_

What is the next love cycle: \_\_\_\_\_

\_\_\_\_\_

What is the next physical cycle: \_\_\_\_\_

\_\_\_\_\_

Describe any other cycles you are in: \_\_\_\_\_

\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_8.

*Conduct yourself without ambition or envy.  
Like a cloud aimed at a certain mountain,  
proceed naturally and let your destination be  
whatever becomes of your best efforts.*

*Be aware of the rewards you receive that were not planned.  
Know your successes even if no one else notices or congratulates you.*

How are you useful to those around you: \_\_\_\_\_

How are you flexible in attaining your goals: \_\_\_\_\_

What unintended rewards have you received lately: \_\_\_\_\_

What was a recent accomplishment that no one else noticed: \_\_\_\_\_

Were you as satisfied with this accomplishment as if you had been noticed: \_\_\_\_\_

What do you seek from others for recognition: \_\_\_\_\_

What aspects of you are not appreciated enough by others: \_\_\_\_\_

\_\_\_\_\_

What aspects of you are not appreciated enough by yourself: \_\_\_\_\_

What do you envy about anyone else lately: \_\_\_\_\_

What do you desire the most now: \_\_\_\_\_

When other people attain what you desire, how much envy do you feel: \_\_\_\_\_

What are your next three accomplishment destinations:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

How respected are you by others and why: \_\_\_\_\_

How would you like to be more respected: \_\_\_\_\_

How are you going to attain this respect: \_\_\_\_\_

Do you enjoy being alone and why: \_\_\_\_\_

Do you actively seek to be alone as much as possible and why: \_\_\_\_\_

What are your activities when alone: \_\_\_\_\_

\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

9.

*Going to extremes is careless and unbalanced.  
To display an outward lack of awareness  
reflects a deeper inner unbalance.  
Know when to change direction.  
Know when to start a new goal.  
Know when a direction is completed.*

What do you do to an extreme: \_\_\_\_\_

What do you do to moderation: \_\_\_\_\_

What do you do too little of: \_\_\_\_\_

How can you avoid being extreme: \_\_\_\_\_

How can you maintain your moderation: \_\_\_\_\_

How can you do more of what you need to do: \_\_\_\_\_

Explain an ideal balance of all three: \_\_\_\_\_

\_\_\_\_\_

How do you know when you are properly balanced: \_\_\_\_\_

How do you know when to change directions: \_\_\_\_\_

How do you know when to start a new goal: \_\_\_\_\_

How do you end a relationship: \_\_\_\_\_

When a relationship goes bad do you prefer for the other person to end it: Why: \_\_\_\_\_

\_\_\_\_\_

What do you do to make the other person want to end the relationship: \_\_\_\_\_

\_\_\_\_\_

How long will you maintain a bad relationship and why: \_\_\_\_\_

\_\_\_\_\_

Does your car reflect your inner spirit: How: \_\_\_\_\_

How does your home reflect you inner spirit: \_\_\_\_\_

How does your appearance reflect your inner spirit: \_\_\_\_\_

Describe your inner spirit: \_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

\_\_\_\_\_

10.

*Natural leadership is by example and balanced patterns.  
Resisting natural progress creates conflicts  
which are revealed as internal or external disturbances.  
More is accomplished by directing natural patterns  
than by forcefully changing the course of a river.*

Do you enjoy leadership responsibilities: \_\_\_\_\_

What are your basic rules when being a leader: \_\_\_\_\_

How do you enforce your rules: \_\_\_\_\_

What examples do you set for others to follow: \_\_\_\_\_

What are your balanced patterns that aid in leading others: \_\_\_\_\_

\_\_\_\_\_

When do people tend not to follow you or disagree with you: \_\_\_\_\_

\_\_\_\_\_

What problems do you consistently find in others: \_\_\_\_\_

\_\_\_\_\_

How do you influence other people to follow: \_\_\_\_\_

How do you reward those who do follow you: \_\_\_\_\_

When people or jobs create difficulties and tension for you, how do you handle stress: \_\_\_\_\_

\_\_\_\_\_

How patient are you with those who take advantage of you or don't appreciate you: \_\_\_\_\_

Do you enjoy caring for other persons: \_\_\_\_\_

Do you inquire as to other people's problems and try to help on a daily basis: \_\_\_\_\_

How do you help people: \_\_\_\_\_

Do you mind your own business and stay out of other people's affairs: \_\_\_\_\_

Do you prefer people to stay out of your affairs and private matters: \_\_\_\_\_

Are you usually reluctant to discuss your personal problems and why: \_\_\_\_\_

\_\_\_\_\_

Do you believe your privacy is very important and why: \_\_\_\_\_

\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

11.

*The incorporation of opposites creates usable efforts.  
Walls have doors, containers are hollow,  
and success requires expense.*

What opposites within you are utilized for your efficiency: \_\_\_\_\_

\_\_\_\_\_

What opposites of others are utilized for your work: \_\_\_\_\_

What persons that are opposite of you do you harmonize with and why: \_\_\_\_\_

\_\_\_\_\_

How are opposites used in your career: \_\_\_\_\_

\_\_\_\_\_

How do you treat persons that you don't like: \_\_\_\_\_

How do you control those aspects of yourself that slow you down: \_\_\_\_\_

\_\_\_\_\_

How do you utilize the night as opposed to the daytime: \_\_\_\_\_

How do you utilize yin/yang energies in your Tai Chi practice: \_\_\_\_\_

\_\_\_\_\_

How can opposites be more useful in your career: \_\_\_\_\_

How can opposites be more useful in your home life: \_\_\_\_\_

How can opposites be more useful in your love life: \_\_\_\_\_

How can your emotions be better controlled by reversing them: \_\_\_\_\_

\_\_\_\_\_

How easily can you change your emotions: \_\_\_\_\_

How quickly can you stop being mad: \_\_\_\_\_

How quickly can you stop being sad: \_\_\_\_\_

How much time of each day are you having FUN: \_\_\_\_\_

\_\_\_\_\_

What inhibits your having fun: \_\_\_\_\_

\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

12.

*Appearance, tastes, and desires  
can mislead our efforts from what we really want  
to what we momentarily need.*

AMBITIONS / GOALS	REASON FOR WANTING	APPEARANCE/ DESTINATION
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

How many of the above goals are really life fulfilling: \_\_\_\_\_

Which goals could you do without and still progress and mature: \_\_\_\_\_

Which "REASONS FOR WAITING" are your reasons and not influenced by anyone else: \_\_\_\_\_

How accurately do you visualize your goals by "APPEARANCE/DESTINATION": \_\_\_\_\_

How can you more accurately visualize the completion of your goals: \_\_\_\_\_

The vaguest visualizations will be hardest to achieve. Even if your goals don't turn out as planned, without concrete objectives you will have more difficulty attaining them, or just get lost on your way to your destination. ADD MORE DETAILS TO ABOVE so that anyone else can visualize your goals.

How do you satisfy your temporary lusts and needs: \_\_\_\_\_

How much pleasure do you allow yourself each week: \_\_\_\_\_

How much pleasure do you allow yourself each day: \_\_\_\_\_

Do you ever feel guilty for pleasing yourself: \_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

*13a.*

*Self-esteem recognizes no pride or shame.  
Self-appreciation is the acceptance of all outcomes  
based on consistent satisfactory effort.*

Upon what merits or achievements is your self-esteem based: \_\_\_\_\_

\_\_\_\_\_

What are you currently proud of: \_\_\_\_\_

\_\_\_\_\_

What upsets your pride: \_\_\_\_\_

\_\_\_\_\_

What are you ashamed of: \_\_\_\_\_

\_\_\_\_\_

What have you not forgiven yourself for: \_\_\_\_\_

\_\_\_\_\_

Must you "win" to be satisfied with your efforts: \_\_\_\_\_

\_\_\_\_\_

When you compete do you try very hard to win: \_\_\_\_\_

\_\_\_\_\_

When you compete do you view your competition as an enemy: \_\_\_\_\_

\_\_\_\_\_

Even if you know you should have won, can you whole-heartedly congratulate the winner: \_\_\_\_\_

\_\_\_\_\_

Can you enjoy losing: \_\_\_\_\_

\_\_\_\_\_

Do you ever stomp your foot, cuss, or regret losing: \_\_\_\_\_

\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

\_\_\_\_\_

136.

*Self-esteem is the appreciation  
of one's own subconscious identity.  
This self-love creates a pride  
that is not dependent upon the opinions of others.*

Are you angered by insults: \_\_\_\_\_  
\_\_\_\_\_

Do you ever want revenge: \_\_\_\_\_  
\_\_\_\_\_

What are kinds of revenge do you consider: \_\_\_\_\_  
\_\_\_\_\_

What are your identity weaknesses (weight problems, big nose...): \_\_\_\_\_  
\_\_\_\_\_

What do you hide from people: \_\_\_\_\_  
\_\_\_\_\_

What do you want to be that you doubt you will be: \_\_\_\_\_  
\_\_\_\_\_

When you lose or make a serious mistake, do you scold yourself: \_\_\_\_\_  
\_\_\_\_\_

Do you ever say, "Damn it": \_\_\_\_\_  
\_\_\_\_\_

Do you ever call yourself names or say, "I'm so stupid...": \_\_\_\_\_  
\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_  
\_\_\_\_\_

14.

*Nature cannot be measured or controlled.  
Yet, the operations of Nature can be understood.  
Understanding the forces in motion creates an awareness of Nature.  
This awareness comes from an inner harmony of each person  
that mirrors the outer workings of Nature.  
So only by living naturally can one understand  
or be aware of Nature.*

Explain your understanding of Nature: \_\_\_\_\_

How do the forces of Nature influence your life: \_\_\_\_\_

Explain your inner harmony: \_\_\_\_\_

How does your inner harmony mirror the forces of Nature: \_\_\_\_\_

Explain how your life is natural: \_\_\_\_\_

Explain why your life is natural: \_\_\_\_\_

Explain how your life is mechanical or unnatural: \_\_\_\_\_

What do you do out of obligation or necessity, rather than by desire: \_\_\_\_\_

What do you do to satisfy others that does not satisfy you: \_\_\_\_\_

What expectations of others are you currently satisfying: \_\_\_\_\_

How much time do you spend each day doing "nothing": \_\_\_\_\_

If you had all the money you could need or spend, what would you do with your time: \_\_\_\_\_

Why aren't you doing these things now, anyway: \_\_\_\_\_

Do you believe that to not work or not have a job is wrong: \_\_\_\_\_

Do you believe that you should have children and a family: \_\_\_\_\_

\_\_\_\_\_

How many kids do you intend to have and why: \_\_\_\_\_

\_\_\_\_\_

When you don't have to go to work, what time do you wake up and go to bed: \_\_\_\_\_

\_\_\_\_\_

How is this different than when you are working. \_\_\_\_\_

\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

**15.**

**Four levels of Influence:**

1. Condemnation of conduct.
2. Fear of punishment or denied rewards.
3. Motivate by loyalty, honor, self-interest, money, rewards, and flattery.
4. Influence without those being influenced being aware of it.

**Regarding those under you influence (students, children, employees...):**

How do you use "Condemnation of conduct" to influence and control them: \_\_\_\_\_

\_\_\_\_\_

How do you use "Fear of punishment or denied reward": \_\_\_\_\_

\_\_\_\_\_

How do you "motivate by loyalty, honor, money, rewards, and flattery": \_\_\_\_\_

\_\_\_\_\_

How do you "influence without those being influenced being aware of it": \_\_\_\_\_

Which of these four techniques do you use the most: \_\_\_\_\_

Which of the four techniques are you best at: \_\_\_\_\_

Which of these four techniques should you use more: \_\_\_\_\_

How can you improve your ability to motivate others: \_\_\_\_\_

\_\_\_\_\_

Which of these four techniques works best on you, and why: \_\_\_\_\_

\_\_\_\_\_

What aspect of your character is best influenced to increase your performance: \_\_\_\_\_

What is the basis of your self-discipline and motivation: \_\_\_\_\_

\_\_\_\_\_

How can you be motivated without any external rewards: \_\_\_\_\_

How willingly do you sacrifice your spare time for money: \_\_\_\_\_

What is the least amount per hour you will work for and why: \_\_\_\_\_

\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

16.

*Being aware of the Nature of events  
is to accept not only the completion of events  
but also the declines of success.  
To be absorbed by achievements or cling to rewards  
is to decline with them.*

Do you appreciate a 3rd Place winning as much as a 1st Place winning, and why: \_\_\_\_\_  
\_\_\_\_\_

Do you work harder to win something than you normally work at similar things and why: \_\_\_\_\_  
\_\_\_\_\_

How quickly do you move on to another goal when one goal is completed: \_\_\_\_\_

How do you know when one goal is completed: \_\_\_\_\_

How do you decide what your next goals is: \_\_\_\_\_

How obligated do you feel about continuing what you're already successful at: \_\_\_\_\_

How do you feel other people view you after winning/achieving something: \_\_\_\_\_

Do you feel required to continue a success for family or friends: \_\_\_\_\_

Must you display your trophies prominently: \_\_\_\_\_

How long do you discuss your winnings and achievements after they've occurred: \_\_\_\_\_

Do you feel you must meet standards represented by your awards or successes: \_\_\_\_\_

What organizations are you a member of and why: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Which of these organizations no longer serve a useful purpose for you: \_\_\_\_\_

What organizations you are not a member of that would serve you better: \_\_\_\_\_

What achievements pertain to your new goals: \_\_\_\_\_  
\_\_\_\_\_

What new goals would benefit from which new achievements to be attained: \_\_\_\_\_  
\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_  
\_\_\_\_\_

**17.**

*Employees/students must be as satisfied with their work  
as employers/teachers are with the results.*

Do you enjoy being productive, and how: \_\_\_\_\_  
\_\_\_\_\_

Is your current job your career: Explain how it is part of your path: \_\_\_\_\_  
\_\_\_\_\_

Do you enjoy satisfying your employers, and how: \_\_\_\_\_  
\_\_\_\_\_

How are you maturing in your current job: \_\_\_\_\_

Where are you going in your current job: \_\_\_\_\_

What jobs would be better suited to your talents or ideas: \_\_\_\_\_  
\_\_\_\_\_

What specific aspects of any job are satisfying to you: \_\_\_\_\_  
\_\_\_\_\_

What jobs do you do that waste your time and talents: \_\_\_\_\_

What are your reasons for keeping the job you have: \_\_\_\_\_  
\_\_\_\_\_

What are your reasons to quit the job you have: \_\_\_\_\_  
\_\_\_\_\_

Besides a job, how else could you earn a living: \_\_\_\_\_  
\_\_\_\_\_

If you could be paid to do anything that you want to do; what would you do: \_\_\_\_\_  
\_\_\_\_\_

Do you feel guilty when you don't have a job: \_\_\_\_\_

What talents do you possess or desire to develop which could possibly be profitable: \_\_\_\_\_  
\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_  
\_\_\_\_\_

*18a.*

*To deviate from Nature  
is to create new rules that are unbalanced with Nature.  
Any rules or activities not in balance with Nature  
are evil and destructive.*

What are your rules ethics, morals, codes of conduct, or religious principles: \_\_\_\_\_

---

---

---

---

---

How are any of these rules out of balance with Nature: \_\_\_\_\_

---

Shifu suggestions: \_\_\_\_\_

---

186.

*When information becomes abstract,  
complicated, scientific, or too elaborate,  
it becomes unnatural to understand  
and leads to ignorance of the underlying truths.*

Are your rules and ethics understandable and simple? Explain them: \_\_\_\_\_

---

---

---

Which are not so simple or understandable by others: \_\_\_\_\_

---

---

What is your purpose in life if there is an afterlife: \_\_\_\_\_

---

---

What is your purpose in life if there is reincarnation: \_\_\_\_\_

---

---

What is your purpose in life if there is no afterlife or soul: \_\_\_\_\_

---

---

Which afterlife would your prefer: \_\_\_\_\_

---

---

Shifu suggestions: \_\_\_\_\_

---

18c.

*When families are organized and maintained by following rules,  
Nature is ignored.*

What rules were you raised by that seemed unfair but simplified your parents' control: \_\_\_\_\_  
\_\_\_\_\_

What rules do you employ that simplify life: \_\_\_\_\_  
\_\_\_\_\_

Although a contemporary of Confucius, why does it appear he conflicts: \_\_\_\_\_  
\_\_\_\_\_

What does it take to keep a family organized: \_\_\_\_\_  
\_\_\_\_\_

When should parents get a divorce: \_\_\_\_\_

What is an ideal family (in your opinion): \_\_\_\_\_  
\_\_\_\_\_

What do you know about "filial piety": \_\_\_\_\_  
\_\_\_\_\_

How would your family be structured the same as your parents' family: \_\_\_\_\_  
\_\_\_\_\_

How will or is your family structured differently than your parents; family: \_\_\_\_\_  
\_\_\_\_\_

Describe someone's family you envy or respect: \_\_\_\_\_

Should a wife obey her husband: \_\_\_\_\_

Should a husband obey his wife: \_\_\_\_\_

Who should children obey: \_\_\_\_\_

How do you teach children to be obedient: \_\_\_\_\_  
\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_  
\_\_\_\_\_

18d.

*When oaths and promises are required  
of workers, government officials, and members;  
deceit and corruption are already out of control.*

What oaths and promises have you made or required of others: \_\_\_\_\_  
\_\_\_\_\_

When do you make agreements you do not intend to keep: \_\_\_\_\_  
\_\_\_\_\_

When do you require agreements from others you don't expect them to keep: \_\_\_\_\_  
\_\_\_\_\_

How do you know you can trust someone: \_\_\_\_\_  
\_\_\_\_\_

When you say, "I promise," is that different from when you say, "I will": \_\_\_\_\_  
\_\_\_\_\_

When is it okay to break a promise: \_\_\_\_\_  
\_\_\_\_\_

Do you obey your father: \_\_\_\_\_  
\_\_\_\_\_

Do you obey your mother: \_\_\_\_\_  
\_\_\_\_\_

Do you obey your big brother: \_\_\_\_\_  
\_\_\_\_\_

Do you obey your employer/boss: \_\_\_\_\_  
\_\_\_\_\_

Do you obey your spouse: \_\_\_\_\_  
\_\_\_\_\_

Do you obey yourself: \_\_\_\_\_  
\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_  
\_\_\_\_\_

18e.

*Artificial natures = artificial rules.  
Abstract realities = abstract definitions.  
Enforced responsibilities = corrupt rule makers.  
Duty/obligation = unnatural conduct.  
Promises = distrust.*

What abstract realities are you involved in... / why / how do they affect you: \_\_\_\_\_

\_\_\_\_\_

Once again Lao Tzu appears to be differing from Confucius. How can this be utilized WITH the concepts of Confucius: \_\_\_\_\_

\_\_\_\_\_

How are you living by rules that you plan to escape: \_\_\_\_\_

\_\_\_\_\_

Do you allow people to be corrupt? (Relatives, employees, friends...): \_\_\_\_\_

\_\_\_\_\_

Are you 100% honest: \_\_\_\_\_

Do you work differently when your boss is watching: \_\_\_\_\_

\_\_\_\_\_

Do you work differently when no one is watching: \_\_\_\_\_

\_\_\_\_\_

What does it take for you to do your best work: \_\_\_\_\_

\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

19a.

**Be yourself naturally.**  
*Decide to do what will not require  
uncomfortable self-discipline.*

How much effort does it require for you to stay healthy and organized: \_\_\_\_\_

\_\_\_\_\_

What are your weaknesses that require extra effort: \_\_\_\_\_

\_\_\_\_\_

What promises or responsibilities do you have that require extra effort: \_\_\_\_\_

\_\_\_\_\_

What promises or responsibilities do you have that require extra effort: \_\_\_\_\_

\_\_\_\_\_

How do you waste time: \_\_\_\_\_

\_\_\_\_\_

When playing games, how do you know when to stop: \_\_\_\_\_

\_\_\_\_\_

How often do you think you've wasted time: \_\_\_\_\_

\_\_\_\_\_

How could you be more efficient: \_\_\_\_\_

\_\_\_\_\_

How could you waste less time: \_\_\_\_\_

\_\_\_\_\_

How could you get more accomplished: \_\_\_\_\_

\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

\_\_\_\_\_

196.

*Avoid adherence or blind observance  
of the "letter of the laws"  
and be always aware of the "nature of the rule."  
Like a musician, do not think about the notes, play the song.*

Are you a stickler for details and fine print? What laws do you obey so efficiently that you don't evaluate all information before deciding what's right or wrong. \_\_\_\_\_

\_\_\_\_\_

Like a soldier or a policeman, are you bound to serve laws whether you agree with them or not? Which laws do you enforce: \_\_\_\_\_

\_\_\_\_\_

Which laws do you enforce that you don't obey: \_\_\_\_\_

\_\_\_\_\_

Do you get mad when someone lies to you? Why: \_\_\_\_\_

\_\_\_\_\_

Can you trust someone who has cheated you? Why: \_\_\_\_\_

\_\_\_\_\_

Do you feel guilt, shame, or frustration when you break a self-imposed rule: \_\_\_\_\_

\_\_\_\_\_

Do you rely on rules to keep you inline? (Alcoholics Anonymous, religion, family employers, military, police...) Explain: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

\_\_\_\_\_

20.

*Nature has no rules, etiquette, or holidays to attend.  
The time spent observing social gatherings can imprison the participants  
who are more aware of the social rules than the individual natures of others.*

How much time do you spend each day getting dressed, putting on makeup, with your hair, skin... each day for the next week start ADDING UP YOUR TIME: \_\_\_\_\_

\_\_\_\_\_

What family traditions, social rules, or etiquette do you enforce of yourself: \_\_\_\_\_

\_\_\_\_\_

Do you give money to street bums and panhandlers: \_\_\_\_\_

\_\_\_\_\_

Does your work have a dress code? Explain what and why: \_\_\_\_\_

\_\_\_\_\_

What normal dress code rules do you enforce of yourself: \_\_\_\_\_

\_\_\_\_\_

What annual parties events, birthdays, and holidays do you celebrate? How and why: \_\_\_\_\_

\_\_\_\_\_

Which of these events above are you obligated to attend more than you desire to attend: \_\_\_\_\_

\_\_\_\_\_

Describe how you participate in these events, responsibilities and your enthusiasm: \_\_\_\_\_

\_\_\_\_\_

What would you change in these events if you could: \_\_\_\_\_

\_\_\_\_\_

How do enjoy or dislike preparing/dressing for events: \_\_\_\_\_

\_\_\_\_\_

Do you enjoy looking your best: \_\_\_\_\_

\_\_\_\_\_

Do you enjoy cleaning your house for guests: \_\_\_\_\_

\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

\_\_\_\_\_

21.

*The unseen forces of Nature are known to all  
who feel them within their own self.*

Describe these unseen forces as you know them: \_\_\_\_\_  
\_\_\_\_\_

What is your soul: \_\_\_\_\_

What is your life force: \_\_\_\_\_

What happens to your body when you die: \_\_\_\_\_

What happens to your soul when you die: \_\_\_\_\_

Explain your concepts of reincarnation: \_\_\_\_\_  
\_\_\_\_\_

What lives have you already lived (pretend if you don't believe): \_\_\_\_\_  
\_\_\_\_\_

What will your next life be (pretend if you don't believe): \_\_\_\_\_  
\_\_\_\_\_

Should you be buried or cremated? Explain: \_\_\_\_\_  
\_\_\_\_\_

What will you leave behind to show that you were here or benefitted mankind: \_\_\_\_\_  
\_\_\_\_\_

What is the relationship between your God and Nature: \_\_\_\_\_  
\_\_\_\_\_

How do you utilize the forces of Nature within you: \_\_\_\_\_  
\_\_\_\_\_

How do you utilize the forces of Nature around you: \_\_\_\_\_  
\_\_\_\_\_

How do you relate to the forces of Nature in other persons: \_\_\_\_\_  
\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_  
\_\_\_\_\_

**22.**

*Harmonizing one's desires with Nature  
requires a balance of action and acceptance.  
Negative feelings, opposition and conflict arise  
from desires, competition, and boastful pride.  
Nature is everywhere and within everything that surrounds us.  
By benefiting the world around us we benefit Nature.  
Nature rewards those who feed it,  
and Nature overcomes those who oppose it.  
Nature is a powerful river of infinite depth and width;  
only a fool would waste time trying to stop it.*

How do you benefit Nature on a weekly basis: \_\_\_\_\_  
\_\_\_\_\_

How could you do more to benefit Nature on a weekly basis: \_\_\_\_\_  
\_\_\_\_\_

How does benefiting Nature benefit your goals: \_\_\_\_\_  
\_\_\_\_\_

How do you benefit Nature on a daily basis: \_\_\_\_\_  
\_\_\_\_\_

How does this harmony benefit your health and well-being: \_\_\_\_\_  
\_\_\_\_\_

How are you working against Nature: \_\_\_\_\_  
\_\_\_\_\_

What do you do that requires extra effort or self-discipline: \_\_\_\_\_  
\_\_\_\_\_

Why do you do things that require extra effort or motivation: \_\_\_\_\_

Could these tasks be accomplished more naturally or do they still require more effort: \_\_\_\_\_  
\_\_\_\_\_

Do you compete with anyone or anything: \_\_\_\_\_

Can your goals be accomplished without competition: \_\_\_\_\_

Shifu suggestions: \_\_\_\_\_  
\_\_\_\_\_

**23.**

*Actions equal your nature.  
Intelligent actions equal an intelligent nature.  
The rewards of actions are natural events.  
Goals are attained through natural behavior.  
Trusting Nature is trusting one's own actions.*

Describe your personality: \_\_\_\_\_

Describe your spiritual character: \_\_\_\_\_

Describe your student/employee attitudes and qualities: \_\_\_\_\_

\_\_\_\_\_

Describe your leadership qualities and skills: \_\_\_\_\_

Describe your romantic relationship qualities: \_\_\_\_\_

\_\_\_\_\_

Describe your family attitudes: \_\_\_\_\_

\_\_\_\_\_

What are your insecurities: \_\_\_\_\_

\_\_\_\_\_

What are your fears: \_\_\_\_\_

\_\_\_\_\_

Explain your pride: \_\_\_\_\_

\_\_\_\_\_

Do you make many mistakes and why: \_\_\_\_\_

Do you trust other people most of the time: \_\_\_\_\_

What don't you trust in other people: \_\_\_\_\_

How are you helping other people attain their goals: \_\_\_\_\_

\_\_\_\_\_

Sum up your nature: \_\_\_\_\_

\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

\_\_\_\_\_

**24.**

*All extremes require a return back to a natural balance.  
Extremes are weaknesses of character,  
even if they are extremes of strength.*

What is extreme about your appearance: \_\_\_\_\_

What is extreme about your body and physical abilities: \_\_\_\_\_

\_\_\_\_\_

What are you extremely good at: \_\_\_\_\_

\_\_\_\_\_

What habits or hobbies are you consistent with: \_\_\_\_\_

\_\_\_\_\_

What are your moral convictions: \_\_\_\_\_

\_\_\_\_\_

What do you do to an extreme before you're satisfied: \_\_\_\_\_

\_\_\_\_\_

What do you want the most: \_\_\_\_\_

What do you work hardest to accomplish: \_\_\_\_\_

What social qualities or personal attributes do you defend: \_\_\_\_\_

What aspects of your lifestyle do others find extreme or unusual: \_\_\_\_\_

\_\_\_\_\_

What else is unique about you: \_\_\_\_\_

\_\_\_\_\_

What moral causes or patriotism do you believe in: \_\_\_\_\_

\_\_\_\_\_

Do you support war against enemy nations: \_\_\_\_\_

\_\_\_\_\_

Do you fight to support your integrity: \_\_\_\_\_

\_\_\_\_\_

Do you enjoy watching men fight:

Do you enjoy watching women fight:

Do you enjoy watching children fight: \_\_\_\_\_  
\_\_\_\_\_

Why is fighting good: \_\_\_\_\_  
\_\_\_\_\_

Why is fighting bad: \_\_\_\_\_  
\_\_\_\_\_

What would a world of NO FIGHTING be like: \_\_\_\_\_  
\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_  
\_\_\_\_\_

**25.**

*Each person can exemplify the ultimate powers of Nature  
 by intelligent and natural actions.  
 As each goal is  
 planned / initiated / incorporates ideals / and is completed;  
 so are the seasons of life imitated.  
 Intelligent goals must be natural  
 and within Nature's patterns  
 so that the ultimate powers can be utilized  
 and harmonized with, not opposed.  
 In this way, goals that are also Nature's goals  
 are natural goals that enhance life.*

List your current goals in terms of the four seasons of Nature:

<i>AUTUMN</i>	<i>Clean up and prepare for future / fertilize and planning</i>		
<b>GOALS</b>	<b>IDEALS INCORPORATED</b>	<b>FIRST STEP</b>	<b>STRATEGY</b>

- |    |  |  |  |
|----|--|--|--|
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |

Shifu suggestions: \_\_\_\_\_

---

<i>WINTER:</i>	<i>Organize and protect / establish territories and boundaries</i>		
<b>GOALS</b>	<b>IDEALS INCORPORATED</b>	<b>FIRST STEP</b>	<b>STRATEGY</b>

- |    |  |  |  |
|----|--|--|--|
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |

Shifu suggestions: \_\_\_\_\_

---

*SPRING*      *Planting seeds / begin working project on daily basis*

<b>GOALS</b>	<b>IDEALS INCORPORATED</b>	<b>FIRST STEP</b>	<b>STRATEGY</b>
--------------	----------------------------	-------------------	-----------------

- |    |  |  |  |
|----|--|--|--|
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |

Shifu suggestions: \_\_\_\_\_  
 \_\_\_\_\_

*SUMMER*      *Harvest and sell / complete projects and end of work*

<b>GOALS</b>	<b>IDEALS INCORPORATED</b>	<b>FIRST STEP</b>	<b>STRATEGY</b>
--------------	----------------------------	-------------------	-----------------

- |    |  |  |  |
|----|--|--|--|
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |

How do all your goals fit together and what is their combined result: \_\_\_\_\_  
 \_\_\_\_\_

How does this combined result of your goals fit on your life path: \_\_\_\_\_  
 \_\_\_\_\_

Which goals do not really fit on your life path and why: \_\_\_\_\_  
 \_\_\_\_\_

Shifu suggestions: \_\_\_\_\_  
 \_\_\_\_\_

List your methods and techniques for planning the strategies of each goal listed above: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

**26.**

*Nature is efficient, calm, and always sober.  
It is unnatural to become agitated, angered or depressed.  
Were Nature to react emotionally,  
mankind would be destroyed.  
Mental distractions, and emotional disturbances  
are weaknesses of sanity.  
A weak mind is a person out of balance with Nature.*

Describe your patience: \_\_\_\_\_

What times of day are you less patient: \_\_\_\_\_

What have you less patience for: \_\_\_\_\_

Where did you learn your patience (or lack of): \_\_\_\_\_

\_\_\_\_\_

Why aren't you more patient: \_\_\_\_\_

How can you be more patient: \_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

\_\_\_\_\_

How well organized are you: \_\_\_\_\_

\_\_\_\_\_

How much planning do you do: \_\_\_\_\_

\_\_\_\_\_

How well do you keep everything filed and in order: \_\_\_\_\_

\_\_\_\_\_

Are you good at supervising and leading: \_\_\_\_\_

\_\_\_\_\_

Do you work well alone: \_\_\_\_\_

\_\_\_\_\_

Do you work well for others: \_\_\_\_\_

Describe your self-motivation: \_\_\_\_\_

\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

How often do you drink liquor: \_\_\_\_\_  
\_\_\_\_\_

How often do you drink more than 2 drinks: \_\_\_\_\_  
\_\_\_\_\_

Why do you enjoy drinking: \_\_\_\_\_  
\_\_\_\_\_

What could you accomplish by not drinking: \_\_\_\_\_  
\_\_\_\_\_

Do you ever get angry or depressed when you drink: \_\_\_\_\_  
\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_  
\_\_\_\_\_

What angers you and why: \_\_\_\_\_  
\_\_\_\_\_

How long do you stay angry: \_\_\_\_\_  
\_\_\_\_\_

What depresses you: \_\_\_\_\_  
\_\_\_\_\_

How easily can you snap out of a depression: \_\_\_\_\_  
\_\_\_\_\_

Do you still carry any resentments, frustrations, regrets, or feelings of vengeance: \_\_\_\_\_  
\_\_\_\_\_

Can you concentrate and study in a noisy room: \_\_\_\_\_  
\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_  
\_\_\_\_\_

27.

*Proper performance of any task is obvious  
 by the lack of need to repeat the task.  
 Each person's methods are recognized  
 by the balanced observer to be correct and efficient  
 in terms of the path (or way) of the individual.  
 An unbalanced person can learn from the successes of balanced persons,  
 and a balanced person can learn from the mistakes of an unbalanced person.*

Are you generally satisfied with your work that you do: \_\_\_\_\_

Explain your work standards of excellence: \_\_\_\_\_

How do your work standards relate to your goals: \_\_\_\_\_

\_\_\_\_\_

If people judge you by your work, what is their judgement of you: \_\_\_\_\_

\_\_\_\_\_

What are your artistic standards of excellence: \_\_\_\_\_

\_\_\_\_\_

How reluctant are you to repeat a job if it's okay but not great: \_\_\_\_\_

How do you determine the quality of your work: \_\_\_\_\_

Do you repeat mistakes very often: \_\_\_\_\_

Does it seem that life repeats its hardships: \_\_\_\_\_

Does it seem impossible to get ahead: \_\_\_\_\_

What slows down your progress or dreams: \_\_\_\_\_

Do people get in your way or slow you down: \_\_\_\_\_

Are you motivated enough to get your work done: \_\_\_\_\_

Do you readily seek advice or prefer to do it yourself: \_\_\_\_\_

Explain how you enjoy helping other people do better: \_\_\_\_\_

\_\_\_\_\_

Do you enjoy reading autobiographies of successful persons: \_\_\_\_\_

Do you enjoy reading "how to" books: \_\_\_\_\_

\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

28.

*Life's lessons are learned by aggressive awareness that watches patiently.  
Wholesome values create pathways to goals  
as rewards unfold naturally according to the virtues of the person  
who also realizes that the path rewards are not the goals.*

How much effort do you put into learning something new every day: \_\_\_\_\_

Describe your patience: \_\_\_\_\_

Describe your impatience: \_\_\_\_\_

How much does it bother you when people are late: \_\_\_\_\_

Are you good at "killing time" when you have to wait: \_\_\_\_\_

Do you squeeze Kung Fu practice in when unexpected gaps appear in your day: \_\_\_\_\_

\_\_\_\_\_

Summarize your values: \_\_\_\_\_

\_\_\_\_\_

Who influenced your values and how did they develop: \_\_\_\_\_

\_\_\_\_\_

How many of your values were developed by you as opposed to the ones your parents may have taught you: \_\_\_\_\_

How many of your values are your parents' and religion's teachings: \_\_\_\_\_

\_\_\_\_\_

Do you disagree with any of your parents' values: \_\_\_\_\_

Despite all your values, how do you determine right from wrong: \_\_\_\_\_

List your virtues: \_\_\_\_\_

\_\_\_\_\_

Explain the significance of money to you: \_\_\_\_\_

What rewards have come to you recently: \_\_\_\_\_

What rewards are near: \_\_\_\_\_

What goals were completed recently: \_\_\_\_\_

What goals are near: \_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

**29.**

*Those who interfere with natural principles  
create the destruction of their efforts.  
Nature is balanced by opposing forces.  
Opposing Nature creates a natural opposition.*

How are your efforts balanced with Nature: \_\_\_\_\_  
\_\_\_\_\_

How are your efforts in conflict with Nature: \_\_\_\_\_  
\_\_\_\_\_

How are your efforts balanced with any other forces: \_\_\_\_\_  
\_\_\_\_\_

How are your efforts in conflict with any other forces: \_\_\_\_\_  
\_\_\_\_\_

What obstacles block your success: \_\_\_\_\_  
\_\_\_\_\_

Describe your losses or major setbacks in the last few years: \_\_\_\_\_  
\_\_\_\_\_

How were these setbacks perhaps Nature rebalancing: \_\_\_\_\_

Do you have Nature's support in your current efforts: \_\_\_\_\_

Does it ever feel like the world is against you: \_\_\_\_\_

How does Nature depend upon you or appreciate you: \_\_\_\_\_  
\_\_\_\_\_

Do you have backup plans and other goals to turn to when opportunities disappear: \_\_\_\_\_

Are you single-minded in your goals, without stopping or being stopped by anyone: \_\_\_\_\_

Describe your ability to be stubborn and persistent: \_\_\_\_\_  
\_\_\_\_\_

How do you know when to change your mind or give-up: \_\_\_\_\_

What cuss words do you use: \_\_\_\_\_

Shifu suggestions: \_\_\_\_\_  
\_\_\_\_\_

30.

*Cruelty, destruction, and arrogance  
are unnatural evil forces.*

Do you enforce laws, rules, and punishments for disobeying those laws and rules you dislike: \_\_\_\_\_

\_\_\_\_\_

Do you believe that when a person breaks a law they should "pay the consequences": \_\_\_\_\_

Do you believe the rule, "spare the rod and you'll spoil the child": \_\_\_\_\_

Do you believe that too much patience or affection will "spoil the child": \_\_\_\_\_

Can you kick or hurt a dog, cat or other small animal when they misbehave: \_\_\_\_\_

Do you enjoy hunting animals: \_\_\_\_\_

Do you enjoy killing people (in games): \_\_\_\_\_

Explain your viewpoint on guns: \_\_\_\_\_

Explain your viewpoint on gun laws: \_\_\_\_\_

Explain your viewpoint on other weapons: \_\_\_\_\_

\_\_\_\_\_

Which sports do you enjoy and why: \_\_\_\_\_

\_\_\_\_\_

What should be done with homeless persons: \_\_\_\_\_

\_\_\_\_\_

What are your favorite wars and why: \_\_\_\_\_

\_\_\_\_\_

What are your favorite violent movies and why: \_\_\_\_\_

\_\_\_\_\_

What are your favorite horror movies, books, or stories: \_\_\_\_\_

\_\_\_\_\_

If you were give a "Dr. Jekyll and Mr. Hyde" potion, what monster would you become: \_\_\_\_\_

\_\_\_\_\_

Describe your car, clothes, status and social image: \_\_\_\_\_

\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

*31a.*

*The celebration of victory and love of weapons  
are vile lusting for death.  
Military parades are funeral processions in advance.*

What sports do you enjoy most and why: \_\_\_\_\_  
\_\_\_\_\_

How do you celebrate victory: \_\_\_\_\_

How do you feel or disregard the loser: \_\_\_\_\_

How much effort is expended to befriend the loser after the competition: \_\_\_\_\_  
\_\_\_\_\_

Explain the importance of winning: \_\_\_\_\_

What do you do with your winnings/trophies: \_\_\_\_\_

Do you celebrate with liquor and what else: \_\_\_\_\_

Do you take time off after a contest and rest from training: \_\_\_\_\_

Shifu suggestions: \_\_\_\_\_  
\_\_\_\_\_

Explain your interest in weapons: \_\_\_\_\_  
\_\_\_\_\_

How do these weapons portray you: \_\_\_\_\_

How do you feel when using your weapons: \_\_\_\_\_

How do you visualize yourself with these weapons: \_\_\_\_\_  
\_\_\_\_\_

Explain how you imagine using these weapons: \_\_\_\_\_  
\_\_\_\_\_

Explain your peer group, circle of friends: \_\_\_\_\_  
\_\_\_\_\_

Describe any membership requirements and dress codes you enjoy: \_\_\_\_\_  
\_\_\_\_\_

Explain your loyalties: \_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

316.

*The left side of our body is a yin/female polarity  
that will only extend itself in friendship  
when we trust another.  
By offering our left/yin side in friendship  
we stand alongside the right/yang side of our friend.  
Friendship is balanced by trust.*

Describe how you trust people: \_\_\_\_\_  
\_\_\_\_\_

How did you develop this trust system: \_\_\_\_\_  
\_\_\_\_\_

How don't you trust people: \_\_\_\_\_  
\_\_\_\_\_

How did this distrust develop: \_\_\_\_\_  
\_\_\_\_\_

Describe your female nature: \_\_\_\_\_  
\_\_\_\_\_

To who is your trust extended unconditionally now: \_\_\_\_\_  
\_\_\_\_\_

To whom is your trust extended with reservations now: \_\_\_\_\_  
\_\_\_\_\_

What do those you trust unconditionally offer you: \_\_\_\_\_  
\_\_\_\_\_

What do those you slightly distrust offer you: \_\_\_\_\_  
\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_  
\_\_\_\_\_

31c.

*The right side of our body is a yang/male polarity  
that will extend itself for control.*

*By positioning the right/yang side to a yin side:  
control is attained by balance.*

Describe what you desire of people: \_\_\_\_\_

\_\_\_\_\_

What do you look for in people to further your goals: \_\_\_\_\_

\_\_\_\_\_

What do you avoid in people to minimize conflict and competition: \_\_\_\_\_

\_\_\_\_\_

Describe the common aspects of your best relationships: \_\_\_\_\_

\_\_\_\_\_

How do you utilize your yin/female side to gain control. How do you utilize your male and female sides to MAINTAIN control. \_\_\_\_\_

\_\_\_\_\_

Explain your male / female emotional balance: \_\_\_\_\_

\_\_\_\_\_

Explain your male / female mental balance: \_\_\_\_\_

\_\_\_\_\_

Explain your male / female physical balance: \_\_\_\_\_

\_\_\_\_\_

How masculine do you walk, when and why: \_\_\_\_\_

\_\_\_\_\_

How feminine do you walk, when and why: \_\_\_\_\_

\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

\_\_\_\_\_

*32a.*

*The simple powers of Nature are invisible, yet omnipotent.  
Nature will always have the last word--eventually.*

How do you interpret the "simple powers of Nature?": \_\_\_\_\_

\_\_\_\_\_

Are Nature's powers really invisible? \_\_\_\_\_

\_\_\_\_\_

How can these invisible powers be utilized: \_\_\_\_\_

\_\_\_\_\_

How can these invisible powers be avoided: \_\_\_\_\_

\_\_\_\_\_

What do you think will happen to Nature by mankind's mistakes: \_\_\_\_\_

\_\_\_\_\_

Describe earth in 100 years: \_\_\_\_\_

500 years: \_\_\_\_\_

1,000 years: \_\_\_\_\_

10,000 years: \_\_\_\_\_

**326.**

*All things and all persons  
must integrate freely with Nature and each other.  
Boundaries, fences, and any lines drawn  
that are meant to separate one part of Nature from another  
will only frustrate Nature's activities into a reactionary chaos  
that is equal to the amount of control imposed upon Nature.*

Explain your material possession quest: \_\_\_\_\_  
\_\_\_\_\_

Explain your power quest: \_\_\_\_\_  
\_\_\_\_\_

Explain how you protect your belongings and power: \_\_\_\_\_  
\_\_\_\_\_

Explain your patriotism: \_\_\_\_\_  
\_\_\_\_\_

Explain your team spirit: \_\_\_\_\_  
\_\_\_\_\_

Explain your immigration concepts: \_\_\_\_\_  
\_\_\_\_\_

Explain your beliefs on foreign trade and free help, duties, customs, labor laws...": \_\_\_\_\_  
\_\_\_\_\_

Describe a world of no countries: \_\_\_\_\_  
\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_  
\_\_\_\_\_

*33a.*

*It requires more wisdom to understand one's self,  
than to learn about other people.*

How easily can you know other people: \_\_\_\_\_

Explain techniques: \_\_\_\_\_

How well do you understand your opposite sex: \_\_\_\_\_

What don't you understand: \_\_\_\_\_

Summarize your family traits: \_\_\_\_\_

Explain how much you know about your Shifu: \_\_\_\_\_

\_\_\_\_\_

What are your Shifu's goals: \_\_\_\_\_

\_\_\_\_\_

How are you benefitting your Shifu: \_\_\_\_\_

How are you frustrating or not supporting your Shifu: \_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

\_\_\_\_\_

How much do you know of your mate (or best friend): \_\_\_\_\_

Summarize your mate's life goals: \_\_\_\_\_

\_\_\_\_\_

How are you benefitting your mate: \_\_\_\_\_

How are you disappointing your mate: \_\_\_\_\_

What does your mate think of you (without asking mate): \_\_\_\_\_

Mate suggestions: \_\_\_\_\_

What are your subconscious goals: \_\_\_\_\_

How are you benefitting your subconscious: \_\_\_\_\_

How are you disappointing your subconscious: \_\_\_\_\_

How can all differences between subconscious and your conscious mind be resolved: \_\_\_\_\_

\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

\_\_\_\_\_

336.

*It requires more strength to master one's own will  
than to control someone else's.*

Explain this: \_\_\_\_\_  
\_\_\_\_\_

How do you control other people and why: \_\_\_\_\_  
\_\_\_\_\_

How could you get just as much or more by controlling less: \_\_\_\_\_  
\_\_\_\_\_

If you set all those who you control free, which would return and why: \_\_\_\_\_  
\_\_\_\_\_

How do you control your subconscious mind: \_\_\_\_\_  
\_\_\_\_\_

What happens without these controls: \_\_\_\_\_  
\_\_\_\_\_

How do you control your conscious mind: \_\_\_\_\_  
\_\_\_\_\_

What happens without these controls: \_\_\_\_\_  
\_\_\_\_\_

Explain your self-motivation: \_\_\_\_\_  
\_\_\_\_\_

How do you motivate yourself when you don't want to do something: \_\_\_\_\_  
\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_  
\_\_\_\_\_

*33c.*

*Self-contentment is happiness  
that is independent  
from all other people's opinions and influences.*

How have you earned the respect of others: \_\_\_\_\_  
\_\_\_\_\_

How do you maintain the respect of others: \_\_\_\_\_

What respect do you seek to accomplish next: \_\_\_\_\_

How will you maintain this new respect when attained: \_\_\_\_\_

How have you earned your own respect in the last year, even if no one else knew about it: \_\_\_\_\_

How have you maintained this self-respect: \_\_\_\_\_

How has your self-respect been lessened in the last year: \_\_\_\_\_  
\_\_\_\_\_

How has the respect of others been lessened in the last year: \_\_\_\_\_  
\_\_\_\_\_

What is the image others have of you: \_\_\_\_\_

What is your self-image: \_\_\_\_\_  
\_\_\_\_\_

What is the most important part of your self-image: \_\_\_\_\_  
\_\_\_\_\_

What is the most important part of other's image of you: \_\_\_\_\_  
\_\_\_\_\_

What aspects of your image would you like to discard: \_\_\_\_\_  
\_\_\_\_\_

What would you like to add to your image: \_\_\_\_\_  
\_\_\_\_\_

Why aren't these aspect part of your image now: \_\_\_\_\_  
\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_  
\_\_\_\_\_

*33d.*

*To create one's own path in life  
is an external achievement  
beyond walking a path designed by other persons.*

Explain how parents, teachers, friends, religion... influence your path as a child: \_\_\_\_\_

\_\_\_\_\_

Explain your teenage path influences: \_\_\_\_\_

\_\_\_\_\_

Explain your young adult path influences: \_\_\_\_\_

\_\_\_\_\_

Explain any other path influences: \_\_\_\_\_

\_\_\_\_\_

Which of these influences are still incorporated in your path and how: \_\_\_\_\_

\_\_\_\_\_

Which of the influences are consciously excluded and why: \_\_\_\_\_

\_\_\_\_\_

Which influences should be incorporated more and how: \_\_\_\_\_

\_\_\_\_\_

Which influences should be excluded now from your path and why: \_\_\_\_\_

\_\_\_\_\_

How and why has your path become radically different from your influences: \_\_\_\_\_

\_\_\_\_\_

How and why has your path become similar to your influences: \_\_\_\_\_

\_\_\_\_\_

Shifu suggestions:

\_\_\_\_\_

34a.

*Ultimate reality does not compete for recognition.  
Though other realities may shout their identities,  
eventually all perspectives will merge  
into the ultimate reality.*

Are you shy or bold, and why: \_\_\_\_\_

Are you reserved or outspoken, and why: \_\_\_\_\_

Is your appearance subtle or bold, and why: \_\_\_\_\_

Do you ever argue, and why: \_\_\_\_\_

How do you know when to stop arguing: \_\_\_\_\_

Are you competitive or passive: \_\_\_\_\_

Why is winning important to you: \_\_\_\_\_

Do you prefer to talk or listen, and why: \_\_\_\_\_

Do you usually try to win or compromise: \_\_\_\_\_

How do you feel about losing games, contests: \_\_\_\_\_

Are you jealous: \_\_\_\_\_

Explain your possessiveness of loved ones: \_\_\_\_\_

\_\_\_\_\_

How much freedom do you allow your mates and why: \_\_\_\_\_

\_\_\_\_\_

How quickly can you understand the perspectives of others: \_\_\_\_\_

How does this influence your motives or goals: \_\_\_\_\_

How much do you you enjoy compromising: \_\_\_\_\_

How do you feel about accepting the blame for other people's mistakes: \_\_\_\_\_

How do you feel about taking the credit for other peoples' work: \_\_\_\_\_

Are you a good negotiator in tough arguments: \_\_\_\_\_

Are you a good mediator in other people's arguments: \_\_\_\_\_

Are you capable of being unemotional, at any time, no matter what: \_\_\_\_\_

What upsets you most: \_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

*346.*

*Truth is recognized by a pure heart,  
not anxious eyes and convincing words.*

Why do people ever disbelieve you: \_\_\_\_\_

Why do you ever disbelieve other persons: \_\_\_\_\_

How do you recognize the truth: \_\_\_\_\_

\_\_\_\_\_

How do you convince people of the truth: \_\_\_\_\_

How do you convince people of a lie told by another person: \_\_\_\_\_

\_\_\_\_\_

How do you change your voice, or expressions to convince other people of the truth: \_\_\_\_\_

\_\_\_\_\_

How often and why do you say, "Trust me": \_\_\_\_\_

\_\_\_\_\_

Were your parents trustworthy and why: \_\_\_\_\_

How did your parents influence your concepts of trust: \_\_\_\_\_

How did others influence your current trusting behavior: \_\_\_\_\_

\_\_\_\_\_

How would you like to change your trusting behavior: \_\_\_\_\_

Why haven't you changed your trusting behaviors: \_\_\_\_\_

Have you ever lied to your lovers: \_\_\_\_\_

How much have you lied to your friends: \_\_\_\_\_

How much have you lied to your parents and why: \_\_\_\_\_

\_\_\_\_\_

How easy and often do you tell the truth even when it gets you trouble: \_\_\_\_\_

When is it okay to lie: \_\_\_\_\_

\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

\_\_\_\_\_

**35.**

*A person who is aware of ultimate realities  
attracts the confidence of others  
through security, contentment, and self-satisfaction.*

What about you gives other people confidence in you: \_\_\_\_\_

What about you lessens peoples' confidence in you: \_\_\_\_\_

How could you gain more confidence from other people: \_\_\_\_\_

When someone threatens you, what is your confidence: \_\_\_\_\_

Describe your fears of being mugged, robbed, or molested: \_\_\_\_\_

\_\_\_\_\_

What is your self-defense: \_\_\_\_\_

What in your home gives you security: \_\_\_\_\_

What about your home gives you contentment: \_\_\_\_\_

What about your home represents your self-satisfaction: \_\_\_\_\_

\_\_\_\_\_

What gives you security away from home: \_\_\_\_\_

What gives you contentment away from home: \_\_\_\_\_

What satisfies your subconscious self away from home: \_\_\_\_\_

What satisfies your conscious self away from home: \_\_\_\_\_

Do you keep weapons readily positioned at home, and why: \_\_\_\_\_

\_\_\_\_\_

What backup weapons do you keep in your car.... and why: \_\_\_\_\_

\_\_\_\_\_

How else have you planned for disaster, danger, or self-defense: \_\_\_\_\_

\_\_\_\_\_

What gives you contentment as well as those around you: \_\_\_\_\_

\_\_\_\_\_

Describe your self-contentment: \_\_\_\_\_

Without any weapons, what would be your first weapon: \_\_\_\_\_

With or without weapons, how do you negotiate out of a violent confrontation: \_\_\_\_\_

What do you say to someone who is threatening you: \_\_\_\_\_

What are your other strategies of non-violence: \_\_\_\_\_

\_\_\_\_\_

How do you protect others: \_\_\_\_\_

\_\_\_\_\_

Who do you protect: \_\_\_\_\_

\_\_\_\_\_

What are your limits in protecting others: \_\_\_\_\_

\_\_\_\_\_

How readily would you jump into a fight to protect a friend: \_\_\_\_\_

\_\_\_\_\_

How much abuse will you withstand/ignore before retaliating: \_\_\_\_\_

\_\_\_\_\_

How can you avoid being threatened. \_\_\_\_\_

\_\_\_\_\_

Explain our Shaolin Chi Mantis slogan, "The ultimate self-defense = self-awareness.™"

\_\_\_\_\_

Shifu suggestions: \_\_\_\_\_

\_\_\_\_\_

**BIBLIOGRAPHY  
AND RECOMMENDED READINGS**

**The Book of Retreat - (Dao Te Ching) - Hans Peter Kinzler**

Kindle book 83pages

Publisher: Chaitanya-Verlag, 2011

amazon.com Product #: B00527SSS2

**Dao Dejing - Chen Lee Sun**

408pages

Publisher: iUniverse 2011

ISBN: 978-1462067237

**The Tao Te Ching (Dao De Jing) - Gordon J. VanDeWater**

140 pages

Publisher: Xlibris Corp. 2010

ISBN: 978-1456814083

**Tai Chi Beginner - Yang Style Tai Chi of Shaolin Chi Mantis** by Sifu Richard O'Connor

First Edition: 134 pages

Publisher: Shaolin Communications 1992

Out Of Print: See updated versions from Shaolin Communications.

The **Tai Chi Beginner** book was first printed at and by the Decker Lake Maximum Security Youth Prison in Salt Lake City, Utah, in 1992. The **Tao - Coming To Terms**, (original title of **Tao of Taoism**), was created as a companion book to the **Tai Chi Beginner**. The First Edition of **Tai Chi Beginner** did not contain any photos. The book photos were shot at Jordan Peace Gardens the following year, with some insert photos shot at the Gil Gal Gardens.

**Tai Chi Beginner - Yang Style Taijiquan of Shaolin Chi Mantis** by Master Zhen Shen-Lang

Second Edition: 208 pages

Publisher: Shaolin Communications 1994

Paperback ISBN: 1-885910-00-2

The **Tai Chi Beginner** second edition book contained 444 photos that detailed the entire **Shaolin Chi Mantis Kung Fu Yoga Routine** and the entire **Yang Style Tai Chi Short Form**. Kicks, punches, and stances were also detailed in the 2nd edition. Unfortunately, this second edition book was never fully printed/released in entirety due to the \$11,000 expense of printing the first complete book. So, photocopies of the most significant pages were selected and photocopied in 16 sections/packets that were passed out to students on a weekly basis who attended classes at the YWCA, Salt Lake Continuing Education programs, Church of Religious Science, Church of Inner Christ, Unitarian

Church, Liberty Park, Bennion Elementary, Washington Elementary, Middle Schools, High Schools, and other locations in Salt Lake City. This partially printed book deserves the credit for improving the lives of hundreds of students.

### **Tai Chi Beginner - Yang Style Tai Chi Short Form of Shaolin Chi Mantis Class Reading Manual**

*(16 sections of Tai Chi - 16 chapters in book - 16 weeks = 1 semester)*

Published by Shaolin Communications 2012

PDF ISBN: 978-1-57551-165-8

Smashwords ebook ISBN: 978-1-57551-170-2

This is the 3rd Edition of **Tai Chi Beginner** and is based upon the reduced size photocopied second edition handouts sold and distributed to students from 1994 to 2011. With 20 years of experience in studying and discussing these book pages in Tai Chi classes of Shaolin Chi Mantis, Tai Chi Youth and Buddha Kung Fu, this condensed book was created in **TWO FORMAT VERSIONS:**

#### **1. PDF FORMAT VERSION of Tai Chi Beginner - Class Reading Manual**

This PDF format was designed for students to print or have printed, the entire book on 8.5" x 11" notebook pages. Blank lines are included for handwriting answers to the questions. This PDF book is required of all students attending Shaolin Chi Mantis, Tai Chi Youth, or Buddha Kung Fu classes.

[www.BuddhaKungFu.com/books](http://www.BuddhaKungFu.com/books)

#### **2. SMASHWORDS EBOOK FORMAT VERSION of Tai Chi Beginner - Class Reading Manual**

This ebook is distributed by Smashwords.com in various electronic/digital formats that include epub, mobi, and pdf for Kindle books at amazon.com, Nook books at Barnes & Noble, iBooks at apple.com and other internet booksellers. This ebook is convenient for students to carry around and bring to class on their various handheld devices, ipads... These are sufficient for in-class reading during each week's lessons, however, those students seeking Belt Test Approvals will still be required to print out the pages and supply written answers for the Shifu's approval.

[www.Smashwords.com](http://www.Smashwords.com)

### **Tao - Coming To Terms - by Sifu Richard O'Connor**

Publisher: Shaolin Communications 1993

*Out Of Print:* Typeset using "Oriental" typeset ball on IBM Selectric II typewriter. The **Tao - Coming To Terms** book was the companion book of the **Tai Chi Beginner** books sold and distributed to the students of Shaolin Chi Mantis and Tai Chi Youth from 1993 to 1999. This book is published in the PDF format, very similar to this original version. The SMASHWORDS ebooks do not have line spaces for the student to write their answers to the questions in the book. Several other modifications were made for the ebook formats without excluding any of the text from this ORIGINAL version.

### **Tao of Taoism - Using the Dao Te Ching to Improve Your Life** by Buddha Zhen (R. D. Connor)

Publisher: Shaolin Communications 2013

[www.shaolinCOM.com](http://www.shaolinCOM.com)

The original title of the book, **Tao of Taoism**, was **Tao - Coming To Terms** by Sifu R. O'Connor.

### **1. PDF FORMAT VERSION of Tao of Taoism:**

The 2014 **PDF version** was designed to duplicate the Original First Edition of **Tao - Coming To Terms** by Sifu Richard O'Connor, used by Shaolin Chi Mantis students from 1993 to 1999, and contains added color graphics with URL links to beneficial website pages. This PDF format was designed for students to print or have printed: the entire book on 8.5" x 11" notebook pages. Blank lines are included for handwriting answers to the questions. This PDF book is required of all students attending Shaolin Chi Mantis, Tai Chi Youth, or Buddha Kung Fu classes.

PDF ISBN: 978-1-57551-235-8

[www.BuddhaKungFu.com/books](http://www.BuddhaKungFu.com/books)

### **2. SMASHWORDS EBOOK FORMAT VERSION of Tao of Taoism:**

The 2013 **Smashwords ebook version** of **Tao of Taoism** is a reduced size version of the **PDF version**, still containing all the text but without the spaces and lines for handwriting answers to the questions, and without as many graphics and photos. This ebook is distributed by Smashwords.com in various electronic/digital formats that include epub, pdf, and mobi for Kindle books at amazon.com, Nook books at Barnes & Noble, iBooks at apple.com and other internet booksellers. This ebook version is convenient for students to carry around and bring to class on their various handheld devices, ipads... These are sufficient for in-class reading during each week's lessons, however, those students seeking Belt Test Approvals will still be required to print out the pages and supply written answers for the Shifu's approval.

Smashwords ebook ISBN: 978-1-57551-242-6

[www.Smashwords.com](http://www.Smashwords.com)

**Tao Teh King - *Nature and Intelligence*** by Archie J. Bahm

Publisher: Jain Pub Co; 1986

ISBN: 978-0875730400

**Tao-Teh King - *Book of the Virtues of the Dao*** by Charles S. Horne and James Legg

Publisher: Kessinger Publisher, LLC 2010 70pages

ISBN 978-1162901794

**The Tao Teh King - *Laovi Laovi*** - Thomas William Kigasmill

26 pages

Nabu Press ISBN 978-1178292909

[BuddhaKungFu.com/books](http://www.BuddhaKungFu.com/books)

## Tai Chi Youth nonprofit education charity organization



Tai Chi Youth combines Yoga, kicking exercises, punching exercises, and Shaolin Kung Fu basics to create a well-rounded and complete exercise system. The curriculums of Tai Chi Youth have been tested and proven to be beneficial to kids, teens, adults, and seniors.

Buddha Zhen Shen-Lang has been teaching these curriculums publicly since 1992. The Tai Chi Youth curriculums were specifically designed for TCY in 1995 based upon existing programs of Shaolin Chi Mantis Traditional Buddhist Gongfu and Taijiquan. The TCY curriculums have proven to be the best Tai Chi curriculums in the world. Hundreds of students have benefitted from Tai Chi Youth classes with improved physical balance, endurance, emotional control, mental strength, and weight loss.



After-school programs, and health centers  
can reserve group classes with a TCY Instructor  
or TCY Online School Program.

Weight loss has been proven in all our Tai Chi Youth programs. Founder, Buddha Zhen, was bitten by a black widow spider in the legs in 2001. His inability to walk for many weeks, and the months of slow recovery resulted in a weight gain of 55 pounds. Over the next two years, as Buddha Zhen launched Tai Chi Youth curriculums in Tujunga, California, he lost all 55 pounds and now appears to be in better health than ever before, at age 58.



[TaiChiYouth.org/donate.html](http://TaiChiYouth.org/donate.html)

By supporting Tai Chi Youth programs, you are enabling students to discover and benefit from these ancient wisdoms of Tai Chi, Kung Fu, Taoism, Buddhism and Confucius. Tai Chi Youth is nondenominational and encourages spiritual growth whatever religion its students are members of or participate in. There are no religious ceremonies, memberships, or sectarian requirements in Tai Chi Youth.

Students already active in other sports or activities will still benefit from the coordination skills, self-discipline, and self-defense benefits of Tai Chi Youth. This has been proven for all sports of TCY students.



[TaiChiYouth.org](http://TaiChiYouth.org)

## Videos of Shaolin Chi Mantis



The most comprehensive Shaolin Chi Mantis videos are at [www.shaolinINTERACTIVE.com](http://www.shaolinINTERACTIVE.com)

These **66 videos** will teach you all the Kung Fu and Tai Chi that we teach in our SCM classes.

To insure your safety, the quality of your Kung Fu, and the reputation of Shaolin Chi Mantis: Belt Testing is required of our online students so that our Instructors can criticize and improve your skills before advancing to higher levels of training.

[shaolinINTERACTIVE.com](http://www.shaolinINTERACTIVE.com)

## Private Lessons with Buddha Zhen

Get in shape using Shaolin Kung Fu and Yang Tai Chi.

Utilize the curriculums and belt ranking of Buddha Kung Fu to keep you improving your body, mind and spirit.

Or, Buddha Zhen will create a unique workout based upon your abilities or goals.



Call **818-723-2769**. (Pacific time)

Leave a detailed message with phone and email address and best time to call you back.

Ask about the *PREPAY DISCOUNT PLANS*.

Private lessons can be taught to up to 3 persons simultaneously,  
for increased discounts.

Send payments to Shaolin Chi Mantis using PayPal.com

*paypal@shaolinCOM.com* = Shaolin Communications

[BuddhaKungFu.com/classes/privatelessons.html](http://BuddhaKungFu.com/classes/privatelessons.html)

## Seminars

ALL FRIDAY, OCTOBER 1, 2008 WWW.CRESCENTVALLEYONLINE.COM

# ENTERTAINMENT

## Kung Fu good for body, mind and spirit

Crescenta Valley Park is the site for Kung Fu Boot Camp, a 12-week program for all ages.

BY RUTH LONGORIA VALLEY SUN

**I**t may sound like a contradiction in terms, but a new Kung Fu Boot Camp combines the monastic discipline of Buddhists with the powerful techniques of the martial arts masters.

Beginning this week, Buddha King Fu instructor Richard "Happy Copote" Connor will offer Crescenta Valley youth and adults a way to de-stress through peaceful sparring and playful sportsmanship.

The 12-Step 12-Week Kung Fu Boot Camp teaches competitive, non-violent martial arts in a choreographed, slowed-down pace that allows for a great workout and greater control of movement, which means no one gets hurt, Connor said.

"The never had a broken bone in one of my classes, not all [karate] classes can say that," Connor said.

Connor has been teaching King Fu and Tai Chi classes in the Los Angeles area since about 1984. He currently offers weekly courses at Verdugo Family YMCA and the boot camp will be offered at Crescenta Valley Park.

A versatile musician, singer, songwriter, poet and self-proclaimed "hippy," Connor began teaching karate, as a hobby, to interns at his music production company.

Meanwhile, he was moving forward with his music career, making albums and overseas discs, and performing live at local clubs. In 1988, he also was given the moniker "Copote" after performing in the rock opera group Copote in the Graveyard.

Connor added the "hippy" portion of his nickname because, he said, it describes him and also provides a better way for people to find him on the internet.

In 1992, he moved to Utah, where he was hired by then-Governor Mike Leavitt to teach his non-violent style of martial arts to inmates at a maximum-security prison.

Connor said the course was well received because it allowed prisoners to focus their anger and stress in a controlled, constructive manner. It also made for a great exercise program, he added.

"We all need to get rid of our stress. Exercising this way helps to make [one] more mild mannered and have control of emotions," Connor said.

During the boot camp, Connor will teach his students a variety of moves and techniques. "There are no rules, every dirty trick ever created, if I know it, I'll teach it," he joked.

Connor, who is a dual member of the Buddhist faith and also a Gnostic Christian — those who believe in a search for truth as necessary to salvation and found in the teachings of Christ — said his goal in the boot camp, as with his other classes, is to create "spiritual warriors."

Connor explained that Kung Fu and Zen Buddhism were both created by Bodhidharma, a Buddhist monk, who introduced the mental and spiritual meditation and physical elements to go together, Connor said. He is attempting to create that same package, to provide his students with a complete mind and body workout.

Connor's students believe their instructor has achieved that goal.

Jessica Isaacs, 25, of Shadow Hills, is the owner of Sparkle and Shine pet grooming salon in Sturdevant, and has been one of Connor's students for about a year.

"The classes have helped me a lot," she said. "I have a hectic schedule, with raising a business, and it's hard to separate work from everything else. But [the classes have] helped me to balance things and get sleep. Everyone who knows me sees a difference."

Nicky Lane Douglas, 13, an eighth grader at Rosemead Middle School, also appreciates the benefits he receives from learning from Connor.

"It's really cool, sometimes it's hard," he said, of the classes.

Lane Douglas is half-Chinese. "I like that I'm learning from my heritage," he said, adding, "And, it's a lot of fun."

Twelve-Step 12-Week Kung Fu Boot Camp started this week and runs from 7 to 8 p.m. every Wednesday night through Dec. 17.

Classes are at the Crescenta Valley Park Multipurpose Center, 2801 Duane Ave.

Cost is \$120 for the complete program, or \$30 per session.

For more information or to register, call (916) 723-2769 or send an e-mail to [priscilla@buddhacore.com](mailto:priscilla@buddhacore.com).



Kung Fu student Jessica Isaacs, 25, of Shadow Hills, gets her opponent, instructor Richard Connor, off balance during a push-sparring technique at class Tuesday evening at Verdugo Hills Family YMCA in Tujunga. Connor this week starts his 12-Step 12-Week Kung Fu Boot Camp at Crescenta Valley Park.



Updated information on our Kung Fu events are on the Buddha Kung Fu or Tai Chi Youth websites.

*The following URL links will provide more information on our seminars.*

[BuddhaKungFu.com/seminars](http://BuddhaKungFu.com/seminars)

[shaolinCOM.com/Buddha\\_Zhen/lecturesBZ-S.html](http://shaolinCOM.com/Buddha_Zhen/lecturesBZ-S.html)

[shaolinCOM.com/ShaoLin\\_Chi\\_Mantis/seminars-S.html](http://shaolinCOM.com/ShaoLin_Chi_Mantis/seminars-S.html)

[shaolinCOM.com/ShaoLin\\_Zen/Seminars-S.html](http://shaolinCOM.com/ShaoLin_Zen/Seminars-S.html)

[SpiritualBOOTCAMPshaolinstyle.com](http://SpiritualBOOTCAMPshaolinstyle.com)

## Masonic Kung Fu

Novel about two teenagers  
protecting a stranded British Freemason  
during the Japanese invasion of China in 1937.



[RichardDelConnor.com/project14-RDC.html](http://RichardDelConnor.com/project14-RDC.html)

[ShaolinRECORDS.com/RecordStore-R/MasonicKungFu1-R.html](http://ShaolinRECORDS.com/RecordStore-R/MasonicKungFu1-R.html)

## Buddha Kung Fu



In 2008, Buddha Zhen founded Buddha Kung Fu, *"the school for making Buddhas."*<sup>TM</sup>

Buddha Kung Fu was designed by Buddha Zhen FOR AMERICANS after teaching Kung Fu and Tai Chi for 24 years in California and Utah.

Despite the predominance of Shaolin Zen Buddhism in Buddha Kung Fu, it is less denominational than its parent school, Shaolin Chi Mantis Traditional Buddhist Gongfu and Taijiquan, and does not require an Initiation Ceremony.

The Kung Fu and Tai Chi are the same curriculums as Shaolin Chi Mantis. However, Buddha Kung Fu does not include any Praying Mantis Kung Fu boxing. BKF also has a reduced number of weapons and Shaolin Forms taught. Despite these reductions, Buddha Kung Fu is still an incredible martial arts school that will create Certified Black Belt Kung Fu Masters.

Buddha Kung Fu is a 7-year curriculum, similar to the Shaolin Chi Mantis 7-Year Curriculum. Any Kung Fu or Tai Chi learned in Buddha Kung Fu is taught with the same expectations of quality and mastery as in Shaolin Chi Mantis. The reduced requirements make it easier and less time demanding than Shaolin Chi Mantis. There are 10 belt ranks of blue stripes on a white sash to become a Kung Fu Master of Buddha Kung Fu.

[BuddhaKungFu.com](http://BuddhaKungFu.com)

# Tai Chi Magic #1

## Tai Chi Music



*Tai Chi Magic 1*  
album by Buddha Zhen  
Produced and Released  
by  
[ShaolinRecords.com](http://ShaolinRecords.com)

includes song, "*Tai Chi Magic*" for practicing Tai Chi...



[TaiChiMagic.com](http://TaiChiMagic.com)

## Tai Chi Products



Women's Push Hands Shirt  
*"Don't push the Stupa!"*



Baseball Jersey  
*"Tai Chi Team"*

[BuddhaKungFu.com/clothes](http://BuddhaKungFu.com/clothes)

## Podcasts

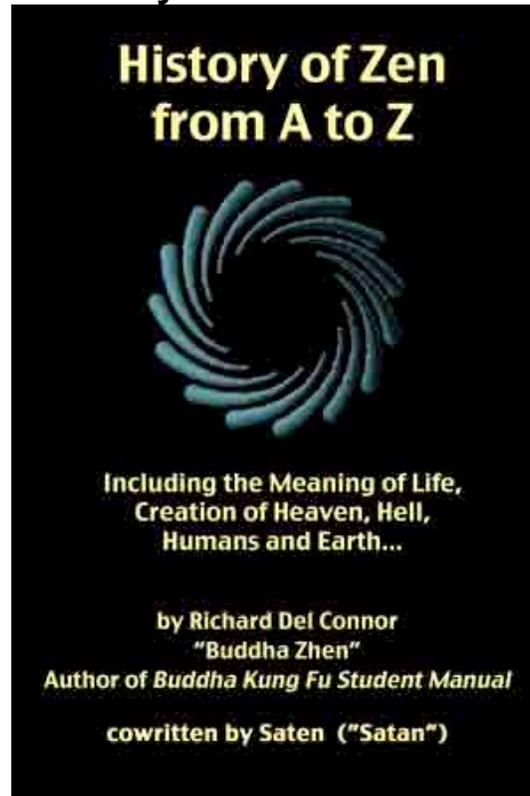


Hosted by Buddha Zhen

Produced by Shaolin Records for  
Shaolin Chi Mantis, Buddha Kung Fu,  
and Tai Chi Youth

[ZenBuddhistPodcast.com](http://ZenBuddhistPodcast.com)

## History of Zen from A to Z



by Richard Del Connor  
"Buddha Zhen"

A bold new look at an old history.

(Co-written by Saten "Satan")

Here is the newest book of "biblical truths" that will revolutionize traditional thinking as it exposes 4,000 years of spiritual coverups and human heresy, according to the author's "inside source." Co-written by "Saten?" (Satan said he wanted a new spelling for his new image.) If you don't believe that Satan exists, or believe in prophesy--all creative credit goes to Richard Del Connor for a very unique perspective of God, Heaven, the archangels, and the history of religion and mankind.

Richard says he awoke to see and hear a group of Angels gathered around God at their center, talking. Unable to go back to sleep, "They wouldn't stop talking..." Richard wrote this unique view of human, biblical, and spiritual history. Saten explained that the letters of the alphabet were originally the sounds used to teach God's "pets" to talk. Evidently, the archangels taught the "C-things" to communicate--without God's approval.

The "true story" of Adam and Eve is revealed including: Saten's tempting of Eve in the Garden of Eden. Other stories include, the Tower of Babel, and a new version of the creation of Zen Buddhism by Bodhidharma--with Saten alongside.

[shaolinRECORDS.com](http://shaolinRECORDS.com)

**Tao of Taoism - Using the Dao Te Ching to Improve Your Life**

by Buddha Zhen

Zhen Shen-Lang "Spirit Wolf of Truth"

(Richard Del Connor)



Buddha Zhen with daughter and son 2003,  
recuperating from black widow spider bite.

This book was completed during the formation of Shaolin Chi Mantis Traditional Buddhist Gongfu & Taijiquan school in 1993. The additional questions were written to complete the Tai Chi training of his students.

These interpretations of the **Tao-Te-Ching (Tao-Teh-King, Dao Te Qing...)** were written while Richard Del Connor was working in the Hollywood movie business between 1986 and 1988. He intended to create a hand-written scroll of his Americanized version of these Chinese wisdoms.

By filling in the blanks and answering the questions, you can create a "*snapshot of your life*" to be compared in a few years, or after attaining some of your life goals.

Buddha Zhen has formulated these Taoist (Daoist) philosophies into simpler phrasings that are more accessible to Westerners.

**PHILOSOPHY / RELIGION: Taoism**

PDF ISBN: 978-1-57551-235-8

Published by  
**Shaolin Communications**



*Bringing light online since 1999.™*