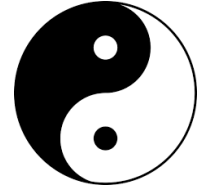


Name \_\_\_\_\_ Section \_\_\_\_\_ Date \_\_\_\_\_

LT: I can identify the main beliefs of Taoism

Do Now: Describe one of the following Winnie the Pooh characters– Pooh, Piglet, Rabbit, Owl, or Tigger:

## Taoism: The Basics



### Background Info

1. Is an ancient Chinese philosophy & religion
2. Stresses balance-- living simply and honestly and in harmony with nature.
3. Similar to Buddhism, Taoists believe that we should be more concerned with life on Earth, and they do not worry about the afterlife. They do strive to achieve “Emptiness”, which allows them to achieve true awareness/enlightenment.
4. Believe that how you live impacts how respected an ancestor spirit you’ll be after you die.
5. Pronounced “Dowism”

## Major Concepts of Taoism, as Explained by Winnie the Pooh

### NATURALNESS

*Naturalness basically means to balance your inner self (thoughts and feelings) with nature. Taoists try to behave simply and instinctively, as nature does, which will allow you to achieve what they call “Emptiness” (enlightenment).*



*The problem is when humans let their thoughts, ambitions, etc. get in the way of following naturalness and let themselves get stuck in the world of mankind. It throws them off balance, and they can no longer balance their inner selves with nature.*

Read story #1 to help you answer the following questions & better understand naturalness.

1. What is the problem in this story?
2. How does Rabbit try to solve this problem?
3. How does Pooh solve this problem?
4. Mention a specific quote or excerpt from the story that demonstrates naturalness. Explain it. (2 sent.)

## **Wu Wei**

*Wu wei literally translates to “action by nonaction”, or, as Kelly wants to put it, “going with the flow. Think of how water flows down a stream. It doesn’t use force; instead, it moves between rocks, underground, wherever there is the least resistance. This is how humans should be in the world. Don’t try to force things to go your way, just let it happen.*



Read story #2 to help you answer the following questions & better understand wu wei.

1. What is the problem in this story?
2. How does Piglet deal with the problem?
3. How does Pooh deal with problem?
4. Mention a specific quote or excerpt from the story that demonstrates Wu Wei. Explain it. (2 sentences)

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**Exit Slip– Wait until teacher gives you permission to do this.**

**1. Write or draw a modern-day example of either naturalness or wu wei.**

**2. The poem on the right is an example of:**

- a). Naturalness
- b). Wu Wei
- c). Confucianism
- d). Filial Piety

*A scholar named Wang  
Laughed at my poems.  
The accents are wrong.  
He said,  
Too many beats;  
The meter is poor,  
The wording impulsive.*

*I laugh at his poems,  
As he laughs at mine.  
They read like  
The words of a blind man  
Describing the sun.*

**3. Do you like Taoism? Why/why not?**