

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

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COMBAT TAIJI

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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)

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English translation: Spirit Wolf of Truth

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**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 you 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:

AUTUMN

Clean up and prepare for future / fertilize and planning

GOALS

IDEALS INCORPORATED

FIRST STEP

STRATEGY

1. _____
2. _____
3. _____
4. _____

Shifu suggestions: _____

WINTER:

Organize and protect / establish territories and boundaries

GOALS

IDEALS INCORPORATED

FIRST STEP

STRATEGY

1. _____
2. _____
3. _____
4. _____

Shifu suggestions: _____

<i>SPRING</i>	<i>Planting seeds / begin working project on daily basis</i>		
GOALS	IDEALS INCORPORATED	FIRST STEP	STRATEGY

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

Shifu suggestions: _____

<i>SUMMER</i>	<i>Harvest and sell / complete projects and end of work</i>		
GOALS	IDEALS INCORPORATED	FIRST STEP	STRATEGY

- | | | | | |
|----|-------|-------|-------|-------|
| 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

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

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

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

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

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

**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

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

Videos of Shaolin Chi Mantis



The most comprehensive Shaolin Chi Mantis videos are at 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

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

Seminars



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

shaolinCOM.com/Buddha_Zhen/lecturesBZ-S.html

shaolinCOM.com/ShaoLin_Chi_Mantis/seminars-S.html

shaolinCOM.com/ShaoLin_Zen/Seminars-S.html

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

ShaolinRECORDS.com/RecordStore-R/MasonicKungFu1-R.html

Buddha Kung Fu



In 2008, Buddha Zhen founded Buddha Kung Fu, *"the school for making Buddhas.™"*

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

Tai Chi Magic #1

Tai Chi Music



Tai Chi Magic 1

album by Buddha Zhen

Produced and Released

by

ShaolinRecords.com

includes song, "**Tai Chi Magic**" for practicing Tai Chi...



TaiChiMagic.com

Tai Chi Products



Women's Push Hands Shirt
"Don't push the Stupa!"



Baseball Jersey
"Tai Chi Team"

BuddhaKungFu.com/clothes

Podcasts

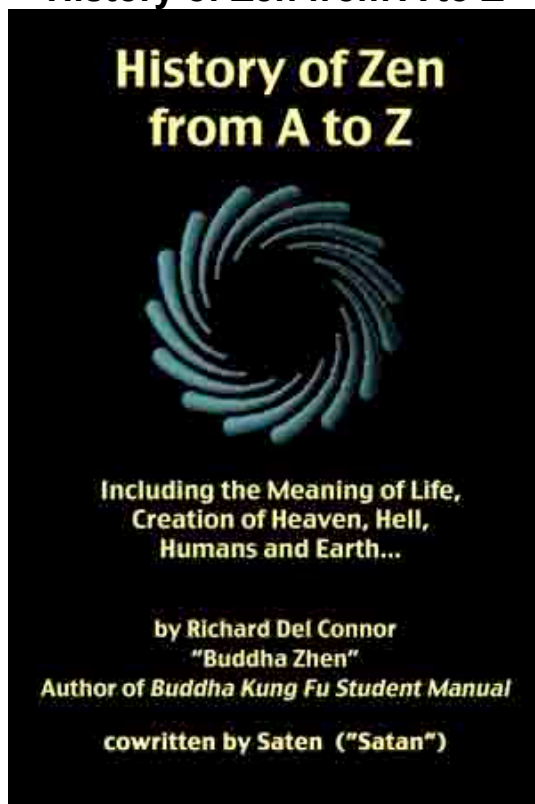


Hosted by Buddha Zhen

Produced by Shaolin Records for
Shaolin Chi Mantis, Buddha Kung Fu,
and Tai Chi Youth

ZenBuddhistPodcast.com

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

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

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