



*Dao (Tao): The Way, a Path*

Composed of two images-

Left: 辵 Chuo - Walk, walking, movement.

辵 is the abbreviated form of 辵, the radical for characters related to walking along a course with its steps and stops. The image is a merging of 止 "Step" & 止 Zhi "Stop".

Right: 首 Shou - Head, with hair tied up; King, Emperor, Chief, Leader.

Some say this is a picture of a Shaman with his/her hair tied up.

Interpretation-

Dao represents the Way or the Path, the course that is taken when the principle of heaven provides guidance. For the natural world, this course unfolds following the changes of heaven, the weather, the seasons, the movements of sun, moon and stars. In we humans, this course may be guided spontaneously or intuitively via our original nature, and at other times this course is guided by our cultivated mental-emotional wisdom. The range between these two aspects is a continuum. Walking one's path with proper steps and stops, being guided intuitively and via cultivation is essential to living life well. While there may be multiple correct paths, there is no predetermined way that is the "right way", we must follow our own guidance and walk our own path in life.

"The Dao that can be named is not the eternal Dao"

- Dao De Jing