

22

Yield and overcome;
Bend and be straight;
Empty and be full;
Wear out and be new;
Have little and gain;
Have much and be confused.

Therefore the wise embrace the one
And set an example to all.
Not putting on a display,
They shine forth.
Not justifying themselves,
They are distinguished.
Not boasting,
They receive recognition.
Not bragging,
They never falter.
They do not quarrel,
So no one quarrels with them.
Therefore the ancients say, "Yield and
overcome."
Is that an empty saying?
Be really whole,
And all things will come to you.

22

If you want to become whole,
let yourself be partial.
If you want to become straight,
let yourself be crooked.
If you want to become full,
let yourself be empty.
If you want to be reborn,
let yourself die.
If you want to be given everything,
give everything up.

The Master, by residing in the Tao,
sets an example for all beings.
Because he doesn't display himself,
people can see his light.
Because he has nothing to prove,
people can trust his words.
Because he doesn't know who he is,
people recognize themselves in him.
Because he has no goal in mind,
everything he does succeeds.

When the ancient Masters said,
"If you want to be given everything,
give everything up,"
they weren't using empty phrases.
Only in being lived by the Tao
can you be truly yourself.

22

Crippled become whole, Crooked
becomes straight, Hollow becomes full,
Worn becomes new, Little becomes
more, Much becomes delusion.
Therefore the Sages cling to the One And
take care of this world;
Do not display themselves And therefore
shine. Do not assert themselves and
therefore stand out. Do not praise
themselves And therefore succeed.
Do not contend And therefore no one
under heaven Can contend with them.
The old saying Crippled becomes whole
Is not empty words. It becomes whole
and returns.

22

Yield and remain whole
Bend and remain straight
Be low and become filled
Be worn out and become renewed
Have little and receive
Have much and be confused
Therefore the sage holds to the one as an
example for the world
Without flaunting oneself - and so is
seen clearly
Without presuming oneself - and so is
distinguished
Without praising oneself - and so has
merit
Without boasting about oneself - and so
is lasting
Because he does not contend, the world
cannot contend with him
What the ancients called "the one who
yields and remains whole"
Were they speaking empty words?
Sincerity becoming whole, and
returning to oneself

22

If you want to become whole,
first let yourself become broken.
If you want to become straight,
first let yourself become twisted.
If you want to become full,
first let yourself become empty.
If you want to become new,
first let yourself become old.
Those whose desires are few get them,
those whose desires are great go astray.

For this reason the Master embraces the
Tao,
as an example for the world to follow.
Because she isn't self centered,
people can see the light in her.
Because she does not boast of herself,
she becomes a shining example.
Because she does not glorify herself,
she becomes a person of merit.
Because she wants nothing from the
world,
the world can not overcome her.

When the ancient Masters said,
"If you want to become whole,
then first let yourself be broken,"
they weren't using empty words.
All who do this will be made complete.