

16

Empty yourself of everything.
 Let the mind become still.
 The ten thousand things rise and fall
 while the Self watches their return.
 They grow and flourish and then
 return to the source.
 Returning to the source is stillness,
 which is the way of nature.
 The way of nature is unchanging.
 Knowing constancy is insight.
 Not knowing constancy leads to
 disaster.
 Knowing constancy, the mind is open.
 With an open mind, you will be
 openhearted.
 Being openhearted, you will act royally.
 Being royal, you will attain the divine.
 Being divine, you will be at one with
 the Tao.
 Being at one with the Tao is eternal.
 And though the body dies, the Tao will
 never pass away.

16

Empty your mind of all thoughts.
 Let your heart be at peace.
 Watch the turmoil of beings,
 but contemplate their return.

Each separate being in the universe
 returns to the common source.
 Returning to the source is serenity.

If you don't realize the source,
 you stumble in confusion and sorrow.
 When you realize where you come
 from,
 you naturally become tolerant,
 disinterested, amused,
 kindhearted as a grandmother,
 dignified as a king.
 Immersed in the wonder of the Tao,
 you can deal with whatever life brings
 you,
 and when death comes, you are ready.

16

Attain complete emptiness, Hold fast
 to stillness.
 The ten thousand things stir about; I
 only watch for their going back. Things
 grow and grow, But each goes back to
 its root.
 Going back to the root is stillness. This
 means returning to what is. Returning
 to what is Means going back to the
 ordinary.
 Understanding the ordinary:
 Enlightenment. Not understanding
 the ordinary: Blindness creates evil.
 Understanding the ordinary: Mind
 opens. Mind opening leads to
 compassion, Compassion to nobility,
 Nobility to heavenliness, Heavenliness
 to Tao.
 Tao endures. Your body dies. There is
 no danger.

16

Attain the ultimate emptiness
 Hold on to the truest tranquility
 The myriad things are all active
 I therefore watch their return
 Everything flourishes; each returns to
 its root
 Returning to the root is called
 tranquility
 Tranquility is called returning to one's
 nature
 Returning to one's nature is called
 constancy
 Knowing constancy is called clarity
 Not knowing constancy, one recklessly
 causes trouble
 Knowing constancy is acceptance
 Acceptance is impartiality
 Impartiality is sovereign
 Sovereign is heaven
 Heaven is Tao
 Tao is eternal
 The self is no more, without danger

16

If you can empty your mind of all
 thoughts
 your heart will embrace the tranquility
 of peace.
 Watch the workings of all of creation,
 but contemplate their return to the
 source.

All creatures in the universe
 return to the point where they began.
 Returning to the source is tranquility
 because we submit to Heaven's
 mandate.

Returning to Heaven's mandate is
 called being constant.
 Knowing the constant is called
 'enlightenment'.
 Not knowing the constant is the source
 of evil deeds
 because we have no roots.
 By knowing the constant we can accept
 things as they are.
 By accepting things as they are, we
 become impartial.
 By being impartial, we become one
 with Heaven.
 By being one with Heaven, we become
 one with Tao.
 Being one with Tao, we are no longer
 concerned about
 losing our life because we know the
 Tao is constant
 and we are one with Tao.