

24

He who stands on tiptoe is not steady.
 He who strides cannot maintain the pace.
 He who makes a show is not enlightened.
 He who is self-righteous is not respected.
 He who boasts achieves nothing.
 He who brags will not endure.
 According to followers of the Tao, "These are
 extra food and unnecessary luggage."
 They do not bring happiness.
 therefore followers of the Tao avoid them.

24

He who stands on tiptoe
 doesn't stand firm.
 He who rushes ahead
 doesn't go far.
 He who tries to shine
 dims his own light.
 He who defines himself
 can't know who he really is.
 He who has power over others
 can't empower himself.

He who clings to his work
 will create nothing that endures.

If you want to accord with the Tao,
 just do your job, then let go.

24

Upon tiptoe: no way to stand. Clambering: no
 way to walk.
 Self-display: no way to shine. Self-assertion: no
 way to succeed.
 Self-praise: no way to flourish. Complacency: no
 way to endure.
 According to Tao, Excessive food, Extraneous
 activity Inspire disgust. Therefore the follower
 of Tao Moves on.

24

Those who are on tiptoes cannot stand
 Those who straddle cannot walk
 Those who flaunt themselves are not clear
 Those who presume themselves are not
 distinguished
 Those who praise themselves have no merit
 Those who boast about themselves do not last
 Those with the Tao call such things leftover food
 or tumors
 They despise them
 Thus, those who possesses the Tao do not
 engage in them

24

Those who stand on tiptoes
 do not stand firmly.
 Those who rush ahead
 don't get very far.
 Those who try to outshine others
 dim their own light.
 Those who call themselves righteous
 can't know how wrong they are.
 Those who boast of their accomplishments
 diminish the things they have done.

Compared to the Tao, these actions are
 unworthy.
 If we are to follow the Tao,
 we must not do these things.

25

Something mysteriously formed,
 Born before heaven and Earth.
 In the silence and the void,
 Standing alone and unchanging,
 Ever present and in motion.
 Perhaps it is the mother of ten thousand things.
 I do not know its name
 Call it Tao.
 For lack of a better word, I call it great.

Being great, it flows
 It flows far away.
 Having gone far, it returns.

Therefore, "Tao is great;
 Heaven is great;
 Earth is great;
 The king is also great."
 These are the four great powers of the universe,
 And the king is one of them.

Man follows Earth.
 Earth follows heaven.
 Heaven follows the Tao.
 Tao follows what is natural.

25

There was something formless and perfect
 before the universe was born.

It is serene. Empty.
 Solitary. Unchanging.
 Infinite. Eternally present.
 It is the mother of the universe.
 For lack of a better name,
 I call it the Tao.

It flows through all things,
 inside and outside, and returns
 to the origin of all things.

The Tao is great.
 The universe is great.
 Earth is great.
 Man is great.
 These are the four great powers.

Man follows the earth.
 Earth follows the universe.

The universe follows the Tao.
 The Tao follows only itself.

25

Something unformed and complete Before
 heaven and Earth were born, Solitary and silent,
 Stands alone and unchanging. Pervading all
 things without limit. It is like the mother of all
 things under heaven,
 But I don't know its name - Better call it Tao.
 Better call it great.
 Great means passing on. Passing on means
 going far. Going far means returning.
 Therefore Tao is great, And heaven, And earth,
 And humans. Four great things in the world.
 Aren't humans one of them?
 Humans follow earth Earth follows heaven
 Heaven follows Tao. Tao follows its own nature.

25

There is something formlessly created
 Born before Heaven and Earth
 So silent! So ethereal!
 Independent and changeless
 Circulating and ceaseless
 It can be regarded as the mother of the world
 I do not know its name
 Identifying it, I call it "Tao"
 Forced to describe it, I call it great
 Great means passing
 Passing means receding
 Receding means returning
 Therefore the Tao is great
 Heaven is great
 Earth is great
 The sovereign is also great
 There are four greats in the universe
 And the sovereign occupies one of them
 Humans follow the laws of Earth
 Earth follows the laws of Heaven
 Heaven follows the laws of Tao
 Tao follows the laws of nature

25

Before the universe was born
 there was something in the chaos of the
 heavens.
 It stands alone and empty,
 solitary and unchanging.
 It is ever present and secure.
 It may be regarded as the Mother of the
 universe.
 Because I do not know its name,
 I call it the Tao.
 If forced to give it a name,
 I would call it 'Great'.

 Because it is Great means it is everywhere.
 Being everywhere means it is eternal.
 Being eternal means everything returns to it.

Tao is great.
 Heaven is great.
 Earth is great.
 Humanity is great.
 Within the universe, these are the four great
 things.

Humanity follows the earth.
 Earth follows Heaven.
 Heaven follows the Tao.
 The Tao follows only itself.