



ADVANCED WELLNESS CENTER

A Clinic of Traditional Chinese Medicine

The Tools of Taoism

MaryLee Calmes, M.S., L.Ac., CCHM
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We are finally into the summer in the greater Seattle area; it was a long time coming this year. Rather than talk about nutrition, my normal topic, I thought I would talk about cultivation and how it rewards us over time.

In the Esoteric Tao Te Ching, by Ni, Hua Ching. Number 56, parts one and two we read:

"The wise one who knows the subtle truth does not talk, but just wants to do things and be what one is.

The one who talks about the subtle truth really does not know it.

By stopping the opening no trouble can enter and no evil energy can attack.

By shutting the doors, one shuts off the source of disturbance.

By rounding off sharpness, one deeply plants one's spirit as the root;

One does not stay on the shallow surface to fight."

In governing your life:

Untie complications and entanglements.

Untie all emotional bonds, such as hatred or resentment.

Simplify yourself with self-discipline; this makes confusion dissolve by itself.

Soften the light.

Do not be a Mister or Miss Smart.

Identify with your surroundings; do not make yourself a special person.

Do not compete with anyone or anything.

Our daughter was visiting London during the recent bombings, my initial gut response was panic. I knew she was in central London but I did not know exactly where. A million things ran through my mind instantly. Was she ok? How would I contact her? Where exactly is she? Are her friends ok? And on and on went my mind. At the same time all my years of meditation, invocations, study of the Tao kicked in, and I was very calm and centered. In years past I would have freaked and stayed freaked for hours.

The first thing I did was, "feel" for my daughters energy field. I felt intuitively that she was okay. Twenty years ago I would never have been able to "sense or feel" her presence. I would have panicked and stayed in total turmoil for hours if not days. Instead, all my years of cultivation assisted me in staying calm and balanced. I was traveling at the time so I e-mailed my husband to see if he was aware of the problem and then returned to my hotel room to call our daughter, although I knew that my chances of getting through telephonically would be slim.

However, the universe supplied me with contact with her on the first call. She was upset, concerned about those that had been affected, but she was physically fine and safe. She was

actually quite close to one of the bombings but was inside at the time. Dr. Mao has often said to me that when our lives are chaotic and in turmoil that is when we need our cultivations even more and when we need to devote more time to them.

Over the years I have found that my responses to life's challenges have changed; they are very different today than they were 20 years ago. Some may say, well of course you are older and wiser. Yet every day I see people who are older and responding to life in the exact same way that they always have. The difference for me is the fact that to the best of my ability I have applied what I have learned from the Ni's and the tradition. It is the constant use of the cultivations over time that slowly shift how you perceive and interact with the world. This was what I experienced with the bombings, the ability to stay grounded and present, the inner calm to truly know that everything is already perfect and ok. The ability to "feel" half way around the world for my daughter.

All of these experiences are outcomes from using the tools of Taoism. The beauty of "The Way" is that there are so many ways to get to Nirvana. Find for your self those one or two things that you can sustain over a lifetime. It might be an invocation, meditation, walking cultivation, Eight Treasures or Tai Qi, all of these have an effect overtime. Master Ni once told me that it is not the number of practices that you know that is important, it is the practices that you can consistently maintain. It is the constant and repetitive nature of the practice that will give you the greatest response from the Universe over time.

My life is rich and diverse and totally different because of my exposure and pursuit of "The Way". My you also find a practice that fulfills your souls desire and reap the many, many blessings to come.

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