

Beverley Hammon's Haikus for the Tao Te Ching

Beverley reported a sense of magic, of being taken possession of by the verses as she meditated on them in conjunction with the classes, and then the poems arising of their own accord.

Lao Tzu would be very pleased.

“I continue to be astonished by what I wrote. The whole thing has been a joy.”

1

The Way is hidden
In the depths of the dark moon.
Where inner light shines.

2

Neither this nor that:
Study how opposites work
Together in life.

3

Good order and kindness,
An exemplary Master,
Peace and quiet reigns.

Act by inaction.
Tame your will and order comes
To life about you.

4

It is always here,
Welling up from depths unknown:

The timeless first thing.

5

Between Heaven and Earth
There is a creative space:
Source of all being.

6

The Great Earth mother,
Nourishes all life on earth
Free for all to use.

7

Tao is infinite.
Wise souls should be open to
Whatever change brings.

8

Water, like the Tao
Gives its benefits freely;
The blood stream of life.

Going with the flow;
Co-operating with all;
The best Way to live.

9

Don't overdo things,
Work well and don't look for praise.
Live in balance with Tao.

10

Learn from the dark moon:

(pause) - and sense the shifting flow
of Life's energy .

With your mind birth ideas,
with your heart be like a child
simultaneously

11

Being, together
with non-being, give life to
useful artifacts.

12

Desire casts dust over
what is real, so put your trust
in the inner guide.

Two others:

The eye and the 'I'
lead us astray - so follow
your inner vision

Opinions cast dust
over what's real - best to
trust your gut feelings.

13

worldly ambition
for power and wealth endanger
both body and soul.

14

Master the present.
Understand the source of things:
the wise subtle Tao.

It has no substance
so hold on with your spirit
and it will give you support.

15

Wise masters of old,
preferring seclusion, chose
quiet, hidden lives.

Later their lives seemed
unfathomable, so they
thought of metaphors.

16

Rooted in nature
be still. and grow - flourish - die,
synchronized with Tao

17 and 18

The best leader is
unobtrusive; people think,
'We do things ourselves.'

The worst leaders seek
power and wealth; enforce many
harsh elitist laws

The Tao way is lost
with rules and regulations;

hypocrisy reigns.

19

Your inner self knows
integrity is needed
in all your doings.

So, in daily life,
simply go with the flow and
keep things simple

20

Worldly amusements
pass me by: all that busy
busy fret and fume

is not for me. I
live quietly, nourished
by the Great Mother

21

Joy in the moorings
for those who know the unseen
Tao is there with them

22

The Tao Way has curves;
there are subtle signs for those
who know how to look.

Following the Way
reveals possibilities
of self renewal.

23

Be at one with Tao
and you will be at ease with
all life's ups and downs

If you wish to speak
be brief, simple and sincere;
This is the Tao Way.

24

No self display: just pass by
unnoticed. And when you act,
do so discretely.

25

The unknowable:
the imagined first thing, that
informs all with life,

-call it Tao- that links
the great cosmic cycles with
human life on earth.

26

A grownup person
is not feckless, but grounded,
prudent, and thoughtful.

27

There's a transmission
that underlies true learning
that can't be explained,

but shared respect helps,
a flexible teacher and
a willing student.

28

With an upright heart
step out keeping time with the
yin - yang flow of life

29

Improving the world
often goes wrong; it's better
to leave well alone.

The world will change in
its own time; welcome each change,
then move on enriched.

30

“One hand clapping,” means
no sound of dispute. It takes
two to cause conflict.

This is like the Tao,
quiet and peaceful, with no
noisy upheavals.

31

Force; weapons, war, fear;
Taoist rulers reject these,
they know peace is best.

32

Tao endures nameless.
Change leads to names, then more names,
then it's hard to stop.

Words have great power
to control things, but Life
is beyond control.

33

With experience
gain knowledge and then wisdom;
thus you'll know yourself

34

Tao, the gift of life,
is the "Great Integrity"
working in secret.

35

Tao's attraction is
not a physical thing – it's
Food for the spirit.

One becomes serene,
at peace; always hearing its
Subtle, soundless song.

36

Tao is all about
how to live with opposites,
the yin-yang of life.

One can't avoid them,
so observe how life flows and
go with it quietly.

37

All things are done by
Tao without effort. It works best
not interfered with.

So keep life simple,
check desires and follow the
Way of non-action

38

No Golden Age now
but there is hope of lesser
virtues surviving.

In general people
can be kind, just and moral
although falling short.

For a country, if
only a show of virtue
remains, chaos reigns.

(two missed)

41

Nameless and unknown,
the Tao works secretly; it
sustains and fulfils.

The truth about how
can only be conveyed with
endless paradox.

42

When One became three
leading to all that is, life's
yin- yang begins, and

light-dark, male-female
energies dance endlessly
through time together.

43

Unknown, behind the
world's kaleidoscopic scene,
Tao informs all things

Understanding this
onyx comes wordlessly to
the few who seek it.

47

Heart and mind can be
one with Heaven and Earth – how
beautiful this sounds.

57

Because coercion
always ends in bad results,
best leave well alone.

A good ruler will

provide an environment
where all self adjust.

57

alternative version

Let go of desire
for control, law and order
and the common good.

Then a miracle
occurs and the good becomes
as common as grass.

58

A Taoist master
Will be content to live as
an example. He

shapes without cutting,
and points out without piercing:
a bright light of truth.

64

All action in life
has its own in-built rhythm
and natural timing.

Understanding and
co-operating with this
is the Taoist way.

76

One way to see life:
we are but sojourns here
on a floating world.

77

A bent bow is like
the moon – a reminder of
Tao's dark mysteries.

We need to respond
flexibly to the endless
yin – yang tides of life.