Terrific Taoism
There once was a peaceful country called China, ruled by a respectful man called, Emperor Gazou who ruled over a part of this great place on our He had a fantastic scholar called Lao Tzu. He was a very intelligent man, he even thought of Taoism.
Taoism is an Ancient Chinese belief system that used to be used to direct everyone "The Way and The Truth to the universe."

This is easy to understand because "Tao" means "The Way."

If you are depressed, you are living in the past.
If you are anxious, you are living in the future.

If you are at peace, you are living in the present.

~ Lao Tzu
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The main achievement throughout Daoism is to achieve ultimate tranquility.

"If you want to awaken all of humanity, then awaken all of yourself; if you want to eliminate the suffering of the world, then eliminate all that is dark and negative in yourself. Truly the greatest gift you have to give is that of your own self-transformation."

- Lao Tzu -

"Te" was another part of Tao, meaning, "virtue" and "Ching" also matches with Tao. "Ching" means Laws, so all three together means - "the law of virtue and its way."
Lao Tzu was a very intelligent man, he was looked up to a lot throughout all of the Taoists.

"The Tao is like a well: used but never used up. It is like the eternal void: filled with infinite possibilities."

- Lao Tzu
Lao Tzu also had a good friend, called Sima Tan.

In Sima Tan's "Shi Ji" (records of the historian)

When Sima Tan died his son completed his workings and readings, his name was Sima Qian.

Sima Tan was the man who made the "dao jia" which means "Dao family" or "School of the Dao."
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