

Wednesday, January 22nd

Fill in your Planner for today

We will begin looking at
Taoism/Daoism today

- Please read pages 266-267 in textbook and take notes in your notebook
- Take notes on the text, not the pictures/images

Read quietly at your desk

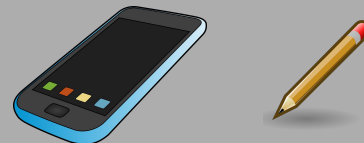
This Day In History

1946--US President Harry Truman sets up the Central Intelligence Agency

1943--World record for fastest temperature change
The fastest temperature change recorded in history occurred on this day in Spearfish, South Dakota. The temperature increased from -4°F to $+45^{\circ}\text{F}$ in the span of two minutes!

On Your Desk

- Notebook
- Pencil
- Book to read



Happy Birthday To...

1/22 Isa H.
1/25 Brady C.



6.H.2.4 Explain the role that key historical figures and cultural groups had in transforming society (e.g., Confucius)

6.C.1.1 Analyze how cultural expressions reflected the values of civilizations, societies, and regions

Beliefs of Daoism

background → Zhou Dynasty = chaos & disorder
• influenced medicine & science

1) The Legend of Laozi

- Laozi founded Daoism (Taoism)
- wrote beliefs in Dao De Jing (book)
- historians doubt book was written by only one person

2) Yin and Yang

- balancing forces in nature (harmony)
- work together
- Yin = female; dark, cool, quiet
- Yang = male; bright, warm, active

3) The Dao

- Dao means "the way"
- source of Yin & Yang
- hard to understand but people should try

5) How it is practiced

- worship spirits & impt. figures at temples
- meditate
- practice Tai Chi

4) Leadership

- Daoists believe leaders took little action so Ppl could live (people) simple lives
- no rituals, morals


Review
notes from
Warm-Up

Review this chart

Take notes quickly on information in next slide (these notes are in **RED** on the previous slide)

What Do Daoists Do?

Daoists want to connect to the Dao. But how can you do that? The Wudang Mountains are an important Daoist center in China. Here, we can see different ways that Daoism is practiced.



1 Many Daoists worship spirits and important figures, such as Laozi. Many visitors to the Wudang Mountains come to pray at Daoist temples there.

2 Daoist monks and nuns live year-round in the Wudang Mountains. Monks may meditate as a way to follow the Dao.

3 Visitors learn tai chi (ty chee), a slow and graceful form of exercise. According to legend, a Daoist monk developed tai chi in the Wudang Mountains. Tai chi is a balance of yin and yang, rest and activity.

Taoism

Taoism (also called Daoism) is a Chinese religion that developed a bit after Confucianism, around two thousand years ago. In contrast to Confucianism, Taoism is mainly concerned with the spiritual elements of life, including the nature of the universe. The guiding principle of Taoism is roughly translated as "the Way," which is a harmonious natural order that arises between humans and the world, and that Taoists should strive to achieve. In the Taoist structure of the universe, humans are meant to accept and yield to the Tao and only do things that are natural and in keeping with the Tao. This is the concept of wu-wei, which translates as "non-action," but really means to go with the true nature of the world and not strive too hard for desires. This puts Taoism in opposition to Confucianism in another way: it is not concerned about with humanistic morality, government, and society, all of which Taoists see as inventions of humans and not necessarily part of the Tao. At the same time, Taoists were interested in longevity, both of the human body and the soul. Achieving spiritual immortality through becoming one with nature is an important part of the Taoist religion.

Despite their differences, Taoist and Confucian ideas are not completely at odds with each other, so Chinese society was able to absorb concepts from both traditions. Taoism had influence on literature and the arts, but the biggest area of Taoist influence was in science. The Taoist focus on natural elements and observing how the natural world works helped to create Chinese medicine. Similar to the modern scientific method, Taoists observed how different medicines affected people and animals through experimentation. Their collective knowledge gained through trying to improve human longevity made a huge contribution to health sciences.

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**Work on your
PLAYLIST**