





What is Taoism?

Taoism is the beliefs and customs of staying to your own nature. Taoism teaches people to accept who they are. It teaches people to follow their hearts and be okay with their choices.

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Taoism: Continued...

- recognized as a being NOT a religion or opinion
- don't worry about the definition of the Tao
- Tao means to the path. It is the path that you follow.

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What is Yin Yang?

Yin Yang is the concept of **duality** forming a whole. It is the darkness and light of the world. Without the yin or yang it erupts the equilibrium. Which means it messes up the world.

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Yin/Yang: Continued...

We see the Taijitu all the time. The yin means shady side and yang means bright side. The Taijitu has come to represent Taoism (Daoism). Or it could mean night and day. Or it could mean male or female. The dots in the yin yang means the darkness in the light and vice versa. Yin rhymes with sin. You could be all good an



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YING

NEGATIVE
FEMALE
NIGHT
PASSIVE
MOON
INTUITIVE
COLD
SOFT

YANG

POSITIVE
MALE
DAY
ACTIVE
SUN
LOGICAL
HOT
HARD



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What is it?

What is the Taijitu?

The Taijitu is a symbol or diagram representing the yin and yang. Or its monist and dualist.

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Discussion Questions:

1. How is the yin related to the yang?
2. What conclusions can you draw from Taoism?
3. Based on what you know, how would you explain Taoism?
4. What is your opinion on the way people act if they believe in Taoism?

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