



The Enduring Wisdom of Lao Tzu

This month the Falmouth Community Wellness Committee would like to share with you the wisdom of the legendary ancient Chinese Taoist philosopher Lao Tzu. These teachings may be 2500 years old but their simplicity and eternal truthfulness still have relevance and applicability in our modern world. We hope you find them as instructive and inspirational as we have:

**"Watch your thoughts, they become your words;
Watch your words, they become your actions;
Watch your actions, they become your habits;
Watch your habits, they become your character;
Watch your character, it becomes your destiny."**

**"Being deeply loved by someone gives you strength,
While loving someone deeply gives you courage."**

**"Knowing others is intelligence;
Knowing yourself is true wisdom.
Mastering others is strength;
Mastering yourself is true power."**

"A journey of a thousand miles must begin with a single step"

**"Because one believes in oneself, one doesn't try to convince others.
Because one is content with oneself, one doesn't need others' approval.
Because one accepts oneself, the whole world accepts him or her."**

**"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."**

"New beginnings are often disguised as painful endings"

**"Be content with what you have;
Rejoice in the way things are.
When you realize there is nothing lacking,
The whole world belongs to you."**

**“Kindness in words creates confidence.
Kindness in thinking creates profoundness.
Kindness in giving creates love”**