

## The Essence of Tao

By Pamela J. Ball

### Description

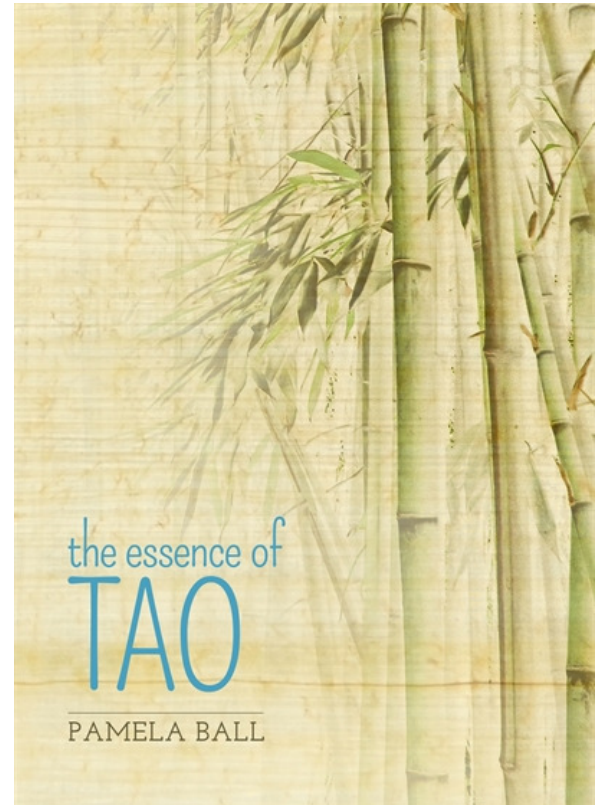
Knowing ignorance is strength. Ignoring knowledge is sickness.' Lao Tse

Tao, meaning 'The Way', refers to a power that envelops, surrounds and flows through all things, both living and sentient. It regulates natural processes and nourishes balance in the Universe. But, in the words of the Sage, its 'Name is Formless'. This means that any exploration of it starts from a position of ignorance, and any journey we undertake to reach an understanding of it is of necessity personal. No two paths will be identical.

In this compelling introduction, Pamela Ball enables us to find a Way through the myriad complexities of this ancient and yet distinctly modern belief system, and offers clearly defined pathways to further study and enlightenment. By unravelling its mysteries she shows us how to achieve balance and establish principles for living life effectively, now and in the years to come.

### Key Selling Points

- Clear and concise, perfect for a newcomer to get to grips with the basics of the movement



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