



# 365 Tao: Daily Meditations

*Ming-Dao Deng*

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## 365 Tao: Daily Meditations Ming-Dao Deng

Place the word Tao  
Into your heart.  
Use no other words.

The Tao is constantly moving, the path that all life and the whole universe takes. There is nothing that is not part of it—harmonious living is to know and to move with the Tao—it is a way of life, the natural order of things, a force that flows through all life.

*365 Tao* is a contemporary book of meditations on what it means to be wholly a part of the Taoist way, and thus to be completely in harmony with oneself and the surrounding world.

Deng Ming-Dao is the author of eight books, including *The Living I Ching*, *Chronicles of Tao*, *Everyday Tao*, and *Scholar Warrior*. His books have been translated into fifteen languages. He studied qigong, philosophy, meditation, and internal martial arts with Taoist master Kwan Saihung for thirteen years, and with two other masters before that.

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