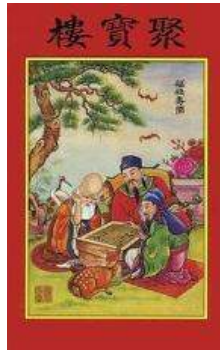


THE ART OF LIVING



Taken From Tong Sing

*The Book of Wisdom based on
The Ancient Chinese Almanac*

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(2012)

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Introduction

From the "*Tong Sing*", The Book of Wisdom based on The Ancient Chinese Almanac, the following advice on the *Art of Living* is given.

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The Art of Living

The art of living is surely to be as healthy as one can, for as long as one can, and as contentedly as one can; and Confucius outlined five cardinal virtues - wisdom, justice, honesty, benevolence and propriety,

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*Rule youth well,
for age will rule itself.*
(Proverb)

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*Cultured and capable people
draw on their own resources,
but small-minded and
incapable people draw on the
resources of others.*
(Lunyu)

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*The gold in one's heart is far more precious
than the gold in one's purse.*

(Analects Confucius)

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*Our main purpose in life should not be to hanker
after a heaven in the sky, which probably does
not exist, but to create a heaven on earth for each other
by effecting complete harmony between the
yin and yang forces within us and around us.*

(I Ching)

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*What you do not want done to yourself,
do not do to others.*

(Analects Confucius)

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*To administer medicines for illnesses which have
already developed is akin to the conduct of a man
who begins to dig a well after he has become thirsty.*

(The Internal Book of Huang Di)

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*Treat hot illnesses with cooling medicines,
and cold illnesses with warming medicines.*

(The Pharmacopoeia of Shen Nong)

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*Delicious dishes banish potions and pills;
Nourishing food is the cure for most ills.*

(Chinese Traditional)

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*When going to an eating-house,
make sure it is one that is full of people.*

(Chinese Proverb)

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*A man may have a long and healthy life if he
regularly takes wholesome food and proper
exercise and effects an emission twice monthly or
twenty-four times annually.*

(Precious Remedies Sun Simiao)

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*Wine is a beautiful gift from heaven which,
if not taken immoderately,
brings great joy and disposes of melancholy.*

(Li Shizhen)

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*Those who say they can explain Tao do not
understand it,
and those who understand it do not say.*
(Tao Te Ching Lao Zi)

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*Men and women are meant to
love and complement each other.*
(I Ching)

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Do not be afraid of paper tigers.
(Chinese Proverb)

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Do not tread on a tiger's tail.
(Chinese Proverb)

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*By the accident of good fortune a man may rule the world for a time.
But by the virtue of love he may rule the world for ever.*
(Tao Te Ching Lao Zi)

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*Do not consider any vice trivial, and so practise it;
do not consider any virtue trivial, and so neglect it.*
(Chinese Proverb)

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*Shall I tell you what true knowledge is?
When you know, to know that you know,
and when you do not know, to know that you do
not know - that is true knowledge.*
(Analects Confucius)

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*Sadness, disquiet, ambition without talent, greed,
jealousy, excessive joy, idleness, drunkenness, over-
sleeping, decrepitude and over-strenuous activity are
wounds, and when they have amassed to the highest
level, exhaustion and death will soon follow.
Therefore, to keep alive, one must not look, listen,
sit, drink, eat, work, rest, sleep, walk, exercise, talk,
or dress too much.*
(Nei Pien Ko Hung)

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*However great the ills a man may have to bear,
ne but adds to them when he allows himself
to give way to despair.
(Analects Confucius)*

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*If you love men and they are unfriendly,
look into your love;
if you rule men and they are unruly,
look into your wisdom,
(Mencius)*

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Other Special Words of Wisdom

*To the ruler, people are heaven;
to the people, food is heaven.*
(Traditional)

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*As there is ornament in nature, so shall there be in society;
but its place is secondary to what is substantial.*
(I Ching)

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*Government is something to be endured with much
patience - and much forgiveness.*
(Traditional)

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*It would be a mistake to say that there is no ruler of the
universe; but, on the other hand, there is not a Gentleman in
Heaven judging our moral transgressions.*
(Chu His)

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*When one, seeing the peril,
can arrest his steps,
is he not wise?*
(I Ching)

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*Know your enemies; know yourself; in a hundred
battles, a hundred victories.*
(Sun Tzu)

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*Let a hundred flowers bloom,
let a hundred schools contend.*
(Mao Zedong)

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*The enemy advances, we retreat.
The enemy halts, we harass.
The enemy tires, we attack.
The enemy retreats, we pursue.*
(Mao Zedong)

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*The sun is in the east.
That beauty is a lady.
She is in my house,
In my house.
She approaches me ritually,
And I accept her.*

(Shi Ching)

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*The moon is in the east.
That beauty is a lady.
She is in my bedroom,
In my bedroom.
She approaches me ritually,
And I make off with her.*
(Shi Ching)

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*Man can only achieve personal harmony
in accepting nature and the inevitable.*
(Tao Te Ching)

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*To know things unconsciously is good,
but to pretend to know what you don't
know is sickness. To avoid sickness, one
must be aware of the sickness of sickness.*
(Tao Te Ching)

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*Good fortune is lighter than a feather,
yet no one knows how to carry it.
Misfortune is heavier than the earth,
yet no one knows how to avoid it.*
(Tao Te Ching)

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*Colours blind their eyes, sounds
deafen their ears, flavours spoil
their palates, the chase and the
hunt craze their minds, and
greed makes their actions
harmful. And so the sage will avoid extremes.*
(Tao Te Ching)

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*Sages do not have a fixed mind.
They share their minds with
others. They improve what is
good, and also improve what is
not good.*
(Tao Te Ching)

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*Sages know themselves, but do
not admire themselves.
Sages take care of themselves,
but they do not exalt*

*themselves. They choose the
former and avoid the latter.*
(Tao Te Ching)

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*The most difficult thing in the
world is to effect precise
communication between two
people who are very pleased or
two people who are very angry.*
(Tao Te Ching)

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*The superior man reduces
what is excessive and
increases what is deficient,
so bringing about equality.*
(I Ching)

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*Heaven and earth do not
communicate with each other,
and so the superior man does
not boast of his virtues and
makes light of his problems.*
(I Ching)

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*Sincerity reaches and affects
even pigs and fishes.*
(I Ching)

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*A superior person can cope with an
impasse. It is the inferior person who
loses control at an impasse.*
(Lunyu)

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*The way sensible people
relate to the world is to
avoid both rejection and
attachment, and to
treat others justly.*
(Lunyu)

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When all people dislike something,
it should be examined.
When all people like something,
it should be examined.
(Lunyu)

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*The answer you seek is within you,
but it may be hard to find.*
(Confucius)

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*When you have faults,
do not be afraid to abandon them.*
(Confucius)

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Study the past if you would divine the future.
(Confucius)

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*In this life, bad news is always
followed by good news.*
(Confucius)

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*From a man's mouth may come forth sharp arrows
to wound, and fiery brands to burn. Take good heed,
then, that neither issue from your mouth.*
(Confucius)

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*By keeping silence when we ought to speak, much
may be lost. By speaking when we ought to keep
silent, we are wasting words. The wise man is
careful to do neither.*
(Confucius)

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*Learning without thought is labour lost;
thought without learning is perilous.*
(Confucius)

*Repay kindness with kindness,
and injury with justice.*
(Analects Confucius)

End

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