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Lao Tzu's Poetic, Philosophical Treatise Tao Te Ching

Volume 11 of 14 (*Chapters 61-66*)

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Tao Te Ching chapter **Sixty-one**

(61: 1) When a country obtains great power it becomes like the sea...

all streams run downward into it.

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The volume of water in the ocean is increased by the streams that empty into it. Why do they empty into it? Because it is lower than them.

Perhaps this could also be a metaphor exploring the benefits of humility.

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(61: 2) The more powerful it grows, the greater the need for humility.

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(61: 3) Humility means relying upon the Tao thus never needing to be defensive.

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(61: 4)
A great nation
is like a great man:
when he makes a mistake,
he realizes it.

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(61: 5) Having realized it, he admits it.

(61: 6) Having admitted it, he corrects it. Page 9 of 95 Commentary – of Volume 11 (chapters 61 - 66)

(61: 7) He considers those who point out his faults as his most benevolent teachers.

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(61: 8) He thinks of his enemy as the shadow that he himself casts.

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(61: 9) If a nation is centered in the Tao, if it nourishes its own people...

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and does NOT meddle in the affairs of others it will be a light to all nations of the world.

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True humility

False humility delights in self-deprecation. Because it is based on the assumption that hubris is mere boasting.

But pride is more than just that one simplistic symptom, and actually presents with a complex array of behaviors, all stemming from self-centeredness.

Ironically the false humility we just mentioned is just another form of self-focus.

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Just as a Chimpanzee with a loaded pistol is more dangerous than an unarmed Chimpanzee...

likewise the more power a person or country has the more harm they could potentially do to themselves and others.

Therefore the more power one has the more humility is required just to prevent the self-destruction that often accompany tales of the nouveau riche...

(I'm looking at you "Bohemian Rhapsody" you broke my heart Freddie Mercury, you broke my heart).

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Power is like a very sharp scalpel, in the hands of an assailant it can kill, in the hands of a skilled surgeon it can save.

Therefore it is crucial that we handle what power we have with great humility. But what does that mean?

This chapter teaches that the essence of humility is to rely upon the Tao. This could make more sense when we explore its following nine examples:

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One – yin is not defensive but rather vulnerable, Two – yin recognizes its errors, Three – yin apologies for its errors, Four – yin corrects its errors,

Five – yin is spontaneously grateful for corrections it receives, Six – yin assumes responsibility as its default mode, Seven – yin leads by example rather than commanding others,

Eight – yin nurtures those within its sphere of influence (like the social safety net enjoyed by the citizens of many northern European countries), and

Nine – yin does NOT exert influence where it is NOT requested (I'm look at you U.S. imperialist foreign policy).

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Whether these nine examples are applied by a county or an individual they lead to the true greatness that inspires others to do likewise. Page 18 of 95 Commentary – of Volume 11 (chapters 61 - 66)

Tao Te Ching chapter **Sixty-two**

(62: 1)
The Tao
is the center of the universe...
the good man's
treasure,
the bad man's
refuge.

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How could the Tao be central to the universe? How could it be the key to living in harmony with all others?

Harmony is what a good man values. Harmony is what a bad man turns to after he has grown weary of folly's consequences. Page 20 of 95 Commentary – of Volume 11 (chapters 61 - 66)

(62: 2) Honors can be bought with fine words, respect can be won with good deeds...

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but the Tao is beyond all value, and NO one can achieve it.

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Honor and respect can be purchased with money and deed, whereas universal harmony can not be accomplished by aggressively advancing upon yang's linear path,

but instead, by yielding to yin's circuitous one. Page 23 of 95 Commentary – of Volume 11 (chapters 61 - 66)

(62: 3) Thus, when a new leader is chosen...

do NOT offer to help him with your wealth or your expertise. Page 24 of 95 Commentary – of Volume 11 (chapters 61 - 66)

(62: 4) Offer instead to teach him about the Tao.

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(62: 5) Why did the ancient Sages esteem the Tao?

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The wealthy and powerful, don't require greater wealth and power (contrary to the whispers of their avarice).

They need something their wealth and power can not seize.

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(62: 6) Because, being one with the Tao, when you seek, you find...

and when you make a mistake, you are forgiven.

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(62: 7) That is why everybody loves it.

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The Tao's path of centered spontaneity is effective at helping us to manifest our heart's desires.

Simple and non-dogmatic, when we realize we've lost the path, no groveling or repentance ceremonies are required, merely resume noticing, relaxing and flowing. Page 30 of 95 Commentary – of Volume 11 (chapters 61 - 66)

Benefitting from the Tao

This chapter begins by promising that the Tao's benefits are easy to access... completely unlike some arcane artifact that is the goal of some arduous, Tolkien quest.

It is of benefit to all beings, be they good or bad.

However the path of yang, that most people take (especially those who would be wealthy or powerful) does NOT lead to the Tao.

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That is why, when a man or woman, has traveled the path of yang to the summit of leadership

their greatest need is NOT more yang expertise, a subject they're apparently already well-versed in, but something they know nothing of, its opposite, the path of yin.

And if that sounds like that could be something they could experience as utterly counter-intuitive, then you'd be right.

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Then why go to all the bother? This chapter begins by reminding us that the Tao is a good man's treasure and a bad man's refuge.

What could a master of yang require refuge from? How about the consequences of a lifetime of fear, greed, aggression...

and all the competitors and adversaries that are drawn to yang's path like iron filings to a magnet.

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A reoccurring theme in the Tao Te Ching is that of the "ancient masters."

Clearly an appeal to authority, the idea is that great men and women, shrouded by the mists of time...

knew more about happiness and success than we do...

and if we want to be truly happy and successful we'll do what they did, and value what they valued.

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Taking a break from wondering about the integrity of an appeal to the unsubstantiated and mythical...

perhaps we could benefit from considering Lao Tzu's reasons why the ancient sages valued the Tao.

They felt its goal of mastering the three treasures of patience, compassion and simplicity's centered spontaneity by traversing the path of non-conceptuality, vulnerability, awareness and acquiescence...

could actually be accomplished by ANY human; thus making it egalitarian, which runs counter to the assumptions and actions of yang's path.

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The ancient sages also seemed to feel that the inevitable errors that will be made upon our journey...

will be neither devastating nor destructive but easily remedied and learned from...

thus undermining the perceived need to indulge in perfectionism and its tendencies towards being fearful, rigid, controlling, deceitful and aggressive.

Yin's path that frees one from these destructive practices is so pleasant and liberating, that it is loved by all who understand it, no less practice it. Page 36 of 95 Commentary – of Volume 11 (chapters 61 - 66)

Tao Te Ching chapter **Sixty-three**

(63: 1) Act without doing; work without effort. Page **37** of **95** Commentary – of Volume 11 (chapters 61 - 66)

(63: 2) Think of the small as large and the few as many.

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We act and work with OUT doing or effort when we are quite centered and, as a result, our choices, utterances and behaviors are spontaneous.

The GPS app on my smart-phone gives me just one little task at a time, yet if I follow each one, as they come, I'll arrive at my destination.

Likewise we really don't need the big picture, instead all that is required is the next step. And that is readily available through centered spontaneity. Page **39** of **95** Commentary – of Volume 11 (chapters 61 - 66)

Our inner control freak wants to do everything, but if we're in the Tao's flow state, our small (seemingly inconsequential) actions...

take on new significance when seen against the back drop of an entire universe, full of beings who are also acting. Page 40 of 95 Commentary – of Volume 11 (chapters 61 - 66)

(63: 3) Confront the difficult while it is still easy accomplish the great task by a series of small acts.

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(63: 4) The Sage never reaches for the great;

thus she achieves greatness.

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What, then, does the Sage reach for? The means of generating centered spontaneity... and everything else falls into place. Page 43 of 95 Commentary – of Volume 11 (chapters 61 - 66)

(63: 5) When she runs into a difficulty, she stops and gives herself to it.

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The sage is not prone to denial, nor repression.

Rather she centers with awareness and acquiescence and the proper: choice, utterance or action flows spontaneously. Page 45 of 95 Commentary – of Volume 11 (chapters 61 - 66)

(63: 6) She does NOT cling to her own comfort; thus problems are NO problem for her.

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How do we cease clinging to our comfort?

We observe what we want, we observe our urge of wanting, as well as the fear or anger...

of not getting what we want, when we want it, for as long as we want it.

We notice whatever comes up; in its simplicity or complexity, in its glory or grotesquery and relax.

Spontaneity could take care of its self.

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The Folly of Comfort as King

Let us return to the dichotomy of yang and yin. Many of yang's goals are petty such as fame, beauty, wealth, power, prestige, and importance for oneself...

whereas yin's goals can be more lofty like a sage's mastery of peace, insight, non-conceptuality, vulnerability, awareness, acquiescence, patience and simplicity for all.

When our yang's priorities influence our perspective every little impediment could seem like an enormous obstacle, no less a monumental slap in the face.

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But from yin's point of view everything we encounter is simply grist for the mill of awareness and acquiescence.

The methods of yang's path often entail contriving detailed and far-reaching plans to take one to their petty goals...

and then striving to move heaven and earth to make it happen.

The essence of yin's path involves relying exclusively upon the effect of simplicity's centered spontaneity upon one's mind, communication and behavior.

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These three small scopes of action could have far reaching consequences like the chain reactions of hundreds or even thousands of dominoes...

set in motion by just one piece.

In 1997's "Men in Black" Frank, an Alien disguised as a pug, counseled agents K and J,

> "You humans, when are you going to learn that size doesn't matter?

Just 'cause something's important doesn't mean it's not very, very, small."

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This is the paradox of yin's path, where subtleties of non-conceptuality, and vulnerability blend with our practice of awareness and acquiescence to give birth to subtle patience, compassion and...

simplicities' centered spontaneity that could have delightfully unexpected and far reaching results from our remarkably tiny sphere of influence. Page 51 of 95 Commentary – of Volume 11 (chapters 61 - 66)

Tao Te Ching chapter **Sixty-four**

(64: 1) What is rooted is easy to nourish.

(64: 2) What is recent is easy to correct. Page 52 of 95 Commentary – of Volume 11 (chapters 61 - 66)

(64: 3) What is brittle is easy to break.

(64: 4) What is small is easy to scatter.

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Descending, relaxing Yin energy is definitely rooting. There is power in immediacy, in spontaneously acting in the moment.

Come, let us trade yang's rigidity for yin's flexibility.

An individual is always a minority, and as such, easy to defeat, therefore the best way to ensure victory is join the biggest team;

and that is exactly what we do when we relax into the leading of great, big, universal momentum. Page 54 of 95 Commentary – of Volume 11 (chapters 61 - 66)

(64: 5) Prevent trouble before it arises.

(64: 6) Put things in order before they exist. Page 55 of 95 Commentary – of Volume 11 (chapters 61 - 66)

Before we can preemptively prevent trouble and put things in order we must first recall what it is that causes trouble and creates chaos... contrivance and aggression.

What are their opposites? Yielding into centered spontaneity. Page 56 of 95 Commentary – of Volume 11 (chapters 61 - 66)

(64: 6) The giant pine tree grows from a tiny sprout.

(64:7)

The journey of a thousand miles starts from beneath your feet.

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In the Ridley Scott film "Prometheus" the android says "Big things have small beginnings."

Although most yang advice counsels us to take "massive action" rather, we could embrace the NON-action of the Tao.

But how does that work? Read on. Page 58 of 95 Commentary – of Volume 11 (chapters 61 - 66)

(64: 9) Rushing into action, you fail.

(64: 10) Trying to grasp things, you lose them. Page **59** of **95** Commentary – of Volume 11 (chapters 61 - 66)

(64: 11) Forcing a project to completion, you ruin what was almost ripe.

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Rushing, grasping and forcing are part and parcel of yang's linear, aggressive path. What could the alternative be? Page 61 of 95 Commentary – of Volume 11 (chapters 61 - 66)

(64: 12) Therefore the Sage takes action by letting things take their course. Page 62 of 95 Commentary – of Volume 11 (chapters 61 - 66)

Aggression's rushing, grasping and forcing have been replaced by yielding's letting. Page 63 of 95 Commentary – of Volume 11 (chapters 61 - 66)

(64: 13) He remains as **calm** at the end as at the beginning.

(64: 14) He has nothing, thus has nothing to lose.

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As calmness is the fruit of centering, likewise the realization that we have nothing to lose gives birth to surrender. Page 65 of 95 Commentary – of Volume 11 (chapters 61 - 66)

(64: 15) What he desires is NON-desire; what he learns is to unlearn.

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What is the key to non-desire? Recall the pithy trio of: Noticing, Relaxing and Flowing.

First we notice both the object and sensation of desiring, then we relax.

It is also good to notice our preconceptions surrounding them. When we relax our grip upon those preconceptions, it is as if we were unlearning them. Page 67 of 95 Commentary – of Volume 11 (chapters 61 - 66)

(64: 16) He simply reminds people of who they have always been.

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Just as most every piano has eighty-eight keys, all humans are capable of the same emotions.

When we let go of the habit energies that have made us a prisoner of the more painful and disempowering emotions...

we create space for new possibilities to arise, who's potential has always been there despite being obscured. Page 69 of 95 Commentary – of Volume 11 (chapters 61 - 66)

(64: 17) He cares about nothing but the Tao.

(64: 18) Thus he can care for all things.

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The path to sage-hood is one of mastering the techniques of noticing, relaxing and flowing.

Love yin's journey and universal compassion, as well as the means to meet others' needs, will spontaneously arise in our minds, upon our lips and in our hands.

Delight in the path and the results will take care of themselves, for the path is most certainly the goal.

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Tell me what ya want, what ya really, really, want

No one wants to be shattered or scattered but we forget to turn from the rigidity, myopically active concentration, aggression, greed, and coercion that cause them.

These are the fruits of traversing yang's path of the anti-tao.

On the other hand, what we do want is to be nourished, self-correcting, to prevent problems, and to effortlessly create far reaching benefits.

These are the fruits of the yin's path of the Tao.

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We progress upon this path by rooting, being mindful of the present, and by being acquiescent, centered, as well as non-possessive.

The hall marks of successfully mastering yin's path is that one's ONLY goals are to let go of our desires and preconceptions.

The very great irony is that by caring only of yin's path, we experience a spontaneous love for all beings and as such our example inspires others. Page **73** of **95** Commentary – of Volume 11 (chapters 61 - 66)

Tao Te Ching chapter **Sixty-five**

(65: 1) The ancient Sages did NOT try to educate the people...

but **kindly** taught them to NOT know.

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(65: 2) When they think that they know the answers, people are difficult to guide.

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(65: 3) When they know that they do NOT know, people can find their **own** way.

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(65: 4) If you want to learn how to govern, avoid being clever or rich.

(65: 5) The simplest pattern is the clearest. Page 77 of 95 Commentary – of Volume 11 (chapters 61 - 66)

(65: 6)

Content with an ordinary life, you can show all people the way back to their own true nature.

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The desire to lead others

The desire to lead others might be focused on our community, county, nation or world...

or may content itself with just our partner, family or friends.

Whether the scale is grand or humble we sometimes wish to have an effect on others.

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The ancient Sages of the Tao did not recommend yang's strategies of using riches or cleverness...

to force feed folks information in the name of education...

because the pride of great data often confuses mere information with great wisdom.

So instead, the Sages used yin's techniques of simply leading others by their example of sincere contentment.

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To better understand this lets review Maslow's path of mastery:

1 – Unconscious ignorance,
 2 – conscious ignorance,
 3 – conscious competence,
 4 – unconscious competence.

The second step infers that awareness of the limitations of our knowledge and insight is a prerequisite to the mastery of any endeavor.

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The Sages understood that the profundity of their sincere contentment could create the awareness in others...

that could set the stage for the vulnerable humility that could open one to the acquiescence that leads to simplicity's centered spontaneity of the Tao's guidance.

This is yin's way of setting others up to find their own way back to their true, original nature of patience, compassion and simplicity's centered spontaneity...

through the path of non-conceptuality, vulnerability, awareness and acquiescence. Page 82 of 95 Commentary – of Volume 11 (chapters 61 - 66)

Tao Te Ching chapter **Sixty-six**

(66: 1) All streams flow to the sea because it is lower than they are.

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(66: 2) Humility gives it its power.

(66: 3)If you wantto govern the people,you must place yourselfbelow them.

We are not speaking of the false humility that delights in the façade of self abasement, but the true humility that puts foremost, the meeting of other's needs. For it is our sincere, centered enthusiasm to do so, that makes us truly great.

Rather than governing for profit, it is best to truly be a public servant. Page 85 of 95 Commentary – of Volume 11 (chapters 61 - 66)

(66: 4)If you wantto lead the people,you must learnhow to follow them.

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No, it's not enough to be a benevolent despot, one must rely upon populism to facilitate the will of the masses. Page 87 of 95 Commentary – of Volume 11 (chapters 61 - 66)

(66: 5) The Sage is **above** the people, and NO one feels oppressed.

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(66: 6) She goes **ahead** of the people, and NO one feels manipulated.

(66: 7) The whole world is grateful to her. Page 89 of 95 Commentary – of Volume 11 (chapters 61 - 66)

(66: 8) Because she competes with no one, no one can compete with her.

Counter-intuitively, there is a way to be above and ahead of the people without them feeling oppressed or manipulated but, instead, grateful. What's that? Let's read on.

Competing is a self-centered endeavor that feeds fear, greed as well as hate and, consequently, erodes our spontaneous passion to meet the needs of others, as well as our capacity to do so. If we are to become truly great we MUST cease to be driven by our insecurities and instead harness them by taking them as the object of our Mindfulness, Insight and Spontaneity.

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Four Aspects of Humility

FIRST if pride is loving oneself more than all others (I'm looking at you Donald Trump)...

then humility is not about self-loathing or self-denigration but rather about loving all others even more that we love ourselves.

And for the vast majority us it is quite easy to love those who put our needs above theirs.

That is why it is written that the reasons rivers flow into the sea is quite literally because the sea is lower than the rivers, and water runs downhill... as does shit.

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And that is really not irreverent for the empowered humble are glad to help us deal with our shit.

Which brings us to our SECOND point, the true humility that flows from acquiescent and spontaneous yin

is enthusiastic to allow the needs of all to set the agenda, for it is not married to its preconceptions.

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THIRDLY, humility leads, or meets the needs of others, from the front...

like the mythical leaders of legend who would command from the front, sword in hand, and would subject no one the peril that he would not expose himself to.

By way of contrast pride prefers to command from the safety (and often climate controlled comfort) of the rear.

It is because of the enthusiastic selflessness of yin's humility that people don't feel oppressed or manipulated by masters of the Tao but instead feel great gratitude toward them.

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Our FOURTH point is that because yin's humility does NOT strive for its own glory...

it views no being as its adversary but rather as the object of its nurturing love.

It has completely abandoned the paradigm of competition and cruelty and is utterly characterized by compassion and cooperation. Page 95 of 95 Commentary – of Volume 11 (chapters 61 - 66)

When we compare ourselves to others, in the hopes of determining our self-worth we are caught in the thrall of competition which is pretty much the antidote to peace.

I prefer yin's alternative; how about you?