

The practice of Wu/Undoing/Diminishing

6. Desire

We learn that we need to have things in order to be successful and happy. We need to be known, make a name for ourselves, be somebody. We need money, lead a material life. We need power to achieve things. And some day we realize that all this can vanish in an instant. There is another way, where not being pushed by desire makes you know what is enough and be content with it. In Taoist practice we are not driven by desire; we know what is sufficient.