

The practice of Wu/Undoing/Diminishing

4. Forcing

We are taught to be tough, go against the tide, force our way. Laozi associates toughness, forcing yourself, and being stubborn with damaging your life and even death. What he advocates is softness, adapting, being like water: it is the softest on earth, but can overcome anything. It is the source of life. In Taoist practice we follow the path of least resistance.