

# **The practice of Wu/Undoing/Diminishing**

## **3. Speech**

The Old Master, Laozi, tells us that his teaching is without words. Yet we do need words to bridge the gap between Taoist practice and our modern lifestyle. These words should be meaningful, helping you to understand life and improve it, enjoy it to the full. We avoid empty, deceitful, beautiful words that lead nowhere. In Taoist practice we don't use idle talk.