

## **Chapter 52**

In the beginning was the Tao.  
All things issue from it;  
all things return to it.

To find the origin,  
trace back the manifestations.  
When you recognize the children  
and find the mother,  
you will be free from sorrow.

If you close your mind in judgments  
and traffic with desires,  
your heart will be troubled.  
If you keep your mind from judging  
and aren't led by the senses,  
your heart will find peace.

Seeing into darkness is clarity.  
Knowing how to yield is strength.  
Use your own light  
and return to the source of light.  
This is called practicing eternity.

**Chapter 67**

Some say my teaching is nonsense.  
Others call it lofty but impractical.  
But to those who have looked inside themselves,  
this nonsense makes perfect sense.  
And to those who put it into practice,  
this loftiness has roots that go deep.

I have just three things to teach:  
simplicity, patience and compassion.  
These three are your greatest treasures.  
Simple in actions and in thoughts,  
you return to the source of being.  
Patient with both friends and enemies,  
you accord with the way things are.  
Compassionate toward yourself,  
You reconcile all beings in the world.