

Name _____

Daoism (Taoism): The Harmony of Ancient Chinese Culture

Short Answer Key

1. The concept of "Dao" (Tao) in Daoism represents the natural order and fundamental principle of the universe. Achieving harmony involves aligning with the Dao to find balance and unity with the world.
2. Daoist principles influenced traditional Chinese medicine by emphasizing the balance of energy ("qi" or "chi") within the body, leading to practices like acupuncture, herbal medicine, and tai chi for health and wellness.
3. The "Dao De Jing" is the foundational text of Daoism attributed to the sage Laozi. It offers wisdom on living in harmony with the Dao, promoting simplicity, humility, and non-action (wu wei).
4. Religious Daoism incorporated Daoist beliefs and practices into organized religions, often with a focus on alchemy, immortality, and the worship of deities, while philosophical Daoism focuses on individual cultivation and harmony with the Dao.
5. Daoism contributed to the development of martial arts in ancient China by emphasizing balance, flexibility, and inner strength. Practices like tai chi and qigong embody Daoist principles and serve as self-cultivation and spiritual development.

