

Name _____

Exploring Taoism: The Way of Harmony and Balance

Multiple Choice Questions

1. Who is traditionally credited with writing the foundational text of Taoism, the "Tao Te Ching"?
 - a) Confucius
 - b) Laozi
 - c) Buddha
 - d) Sun Tzu

2. What does the concept of Wu Wei in Taoism encourage?
 - a) Excessive striving
 - b) Going with the flow
 - c) Constant action
 - d) Material wealth

3. Where is Taoism predominantly practiced today?
 - a) India
 - b) Japan
 - c) China and Taiwan
 - d) Europe

4. Which Taoist practice is a form of moving meditation and martial art?
 - a) Tai Chi
 - b) Yoga
 - c) Pilates
 - d) Karate

5. What is the central belief of Taoism?
 - a) The pursuit of wealth and power
 - b) Living in harmony with the Tao
 - c) Achieving perfection through hard work
 - d) The worship of multiple gods

