

Name \_\_\_\_\_

## Exploring Taoism: The Way of Harmony and Balance

### Short Answer Key

1. The Tao in Taoism represents the fundamental principle or natural order of the universe. It is the source of everything and is often described as "The Way."
2. Wu Wei in Taoism encourages going with the flow of life and not excessively striving or forcing things. It means embracing the natural course of events and not resisting the natural order.
3. One common Taoist practice for achieving balance and harmony is meditation.
4. Taoist temples and shrines are most commonly found in China and Taiwan.
5. Taoism influences the culture of China and Taiwan by emphasizing values such as simplicity, harmony with nature, and humility. It has a significant impact on philosophy, art, and traditional Chinese medicine.

