

Preface

Nature does not hurry, yet everything is accomplished. There is a natural ebb and flow to everything you do. By aligning yourself with this rhythm, you can achieve things effortlessly.

This principle resonates in simple actions like walking, speaking, or writing an email. The more natural you are, the better your results are. Pushing it too hard upsets the natural flow, putting you at risk of losing more than you gain.

This is known as downstream effort, comparable to rowing a boat downstream or cutting wood along the grain. It is a testament to the wonder of wu wei, a practice rooted in ancient wisdom that teaches us to harness the natural flow of energy to achieve our goals with effortless ease.

You harness the power of nature to achieve more with ease rather than relying solely on your own efforts. Nothing is forced or imposed, yet everything falls into place. This realization can be transformative and life-changing.

Making Wu Wei a Way of Life

How do you make wu wei work for you? That's precisely what we'll explore together in this book. Our focus will be on the practical aspects of this philosophy, aiming to help you achieve tangible results in your life with greater ease.

Although wu wei translates to "doing nothing," its practice is far from passive. Paradoxically, it holds incredible power. We will delve into

philosophy, but our primary emphasis will be on practical application rather than delving too deeply into theoretical concepts.

There is no one-size-fits-all approach to learning and incorporating wu wei into your life. The path we explore in this book is just one of many ways to embrace this practice. However, I have personally verified its effectiveness through my own experiences and witnessed its transformative impact on the people I have worked with. By following the learning path outlined in this book, you will have the opportunity to experience firsthand how wu wei can enhance various aspects of your life, including your work, business, relationships, and health.

The good news is that incorporating wu wei into your life is simpler than you might imagine. It is not a skill to be acquired but rather a process of allowing your innate capabilities to work in harmony with nature. This enables you to accomplish your goals with a sense of calm and ease.

Every individual is unique, and so is their journey with wu wei. By learning the underlying principles of this practice and applying them to bring out your best qualities, you will develop a personalized wu wei practice that is uniquely yours.

Through this book, I aim to provide you with the guidance, tools, and insights necessary to embark on your wu wei journey. Together, we will explore how this ancient wisdom can transform your life and empower you to navigate the world with grace and ease.

Verifying the Wisdom

In this book, I will share the philosophical principles, drawing from my own experiences and observations of those who have successfully applied them in their lives. Teaching wu wei poses unique challenges because it is an inner work that requires personal exploration and discovery.

My relationship with the philosophy of wu wei spans several decades, during which I have immersed myself in the Tao Te Ching of Lao Tzu and other Taoist literature. However, my engagement with these texts goes beyond mere reading. I have delved deep into their transformative potential and continually reflected on my personal experiences to verify their teachings. Furthermore, I have had the opportunity to observe the impact of these teachings on high achievers, including individuals I have worked with as a management consultant across different continents.

Additionally, I have been fortunate to practice tai chi chuan for many years, an ancient art that epitomizes the principles of wu wei. This practice serves as my laboratory, providing immediate feedback on the effectiveness of the teachings. I am grateful to my tai chi grandmaster, Wu Tunan, and master, Sim Pooh Ho, for their invaluable guidance in this ongoing pursuit. As this book is primarily intended as a guide for practitioners, I will reference the Tao Te Ching as necessary, without delving into extensive theoretical treatments of the philosophy. For a more in-depth exploration of the philosophy itself, I will direct you to my other books.

By combining these various sources of knowledge and experiences, my aim is to provide you with practical insights and guidance that will empower you to develop your own unique approach to wu wei. Together, we will embark on a transformative journey of self-discovery and personal growth, harnessing the wisdom of the Tao Te Ching and integrating it into your daily life.

A State of Being

To fully embrace wu wei as a way of life, it is important to recognize that it goes beyond being a mere technique or skill. It is a state of being and an approach to quality living. By aligning your actions with the natural

rhythm and flow of the universe, it allows you to achieve your goals and find fulfillment in life.

The key to practicing wu wei lies in finding harmony between your inner self and the external world. It is not about acquiring new information or mastering specific techniques; it is about letting go of inhibitions to the natural flow and embracing authenticity. By doing so, you tap into your innate capabilities, such as creativity, intuition, and resilience, which naturally emerge and guide you along the path of least resistance.

However, for many people, behaving naturally can be challenging. Often, our desire to be natural leads to self-consciousness and clumsiness. Yet, approaching it through the lens of wu wei can make it more accessible and manageable. As Lao Tzu famously wrote, “By letting it go, it all gets done.” By surrendering our attachments and striving to be in harmony with the flow of life, we can experience noticeable progress and growth.

I’m confident you’ll see noticeable progress, starting from reading the initial chapters.