



CONFUCIANISM & TAOISM

What is Confucianism & Taoism?

Confucianism is the object of spiritual practice to 'become one with the tao'(Tao Te Ching) or to harmonize one's will with Nature in order to achieve 'effortless action' (Wu wei).

2022

Mitchell Rabin on the Tao [Click Here to View](#)

Mitchell Rabin of A Better World TV and Radio has been a frequent guest of All Faiths Seminary over the years for his wide-ranging interest and involvement in many aspects of spiritual and psychological (mind/body) healing. Here Mitchell talked about the Tao Te Ching and the Tao or "Taoism" which, he explained, is not an "ism" in the same sense as many other religions. His talk ranged from the origins of the Tao Te Ching in China, to its application and development into what has become Traditional Chinese Medicine, including Acupuncture and Shiatsu. With humor and insight, he traced his personal discovery and involvement with the Tao, and its far-reaching practical applications to our modern lives. (Note: the antidote to Poison Ivy that Mitchell referred to, and that often grows near it is: Jewel Weed.)

Mitchell Rabin on the Tao, Part 2 [Click Here to View](#)

Continuing to fascinate the class with more background and experience related to the Tao Te Ching, Mitchell tells stories and answers some questions about how different aspects of Taoism and Chinese Medicine relate to the Five-Element Theory, and the practice of Chi Gong. He winds it up with some quotes from the Stephen Mitchell translation of the Tao Te Ching, and leads the group in a few standing Chi Gong exercises to help get everyone's energy moving and provide an experiential component to the subject.

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