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So back to the question about finding inner peace. Taoism teaches this: Inner Peace can be discovered when understanding many questions are asking about Inner Truth. Inner Peace is a matter of accepting your life as an answer towards questions of Inner Truth. Discovering Acceptance. Taoism teaches: The past is just, the past, long gone and passed on by.

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It explores the teachings of the Chinese book, the Tao te Ching, (the second most translated book in history, after the Bible). The Tao te Ching was written around 600 B.C. to inspire people to seek the path to peace within themselves, with others, and with nature.

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Diane Dreher - Welcome to My Website

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With its lively, demystifying approach, The Tao of Inner Peace

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