

# HOW TO SOURCE FROM **TAO** IN OUR DAILY LIVES

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Exploring life's connections for personal cultivation

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# Sourcing Tao Daily

- *In this presentation, you will attune yourself while embodying what's there for you through emotions, feelings, thoughts and bodily sensations.  
Further group sharing and interaction will aid to your true source.*
- We truly cultivate life when we optimally source from our deeper sense of self trust. We know doubt constrains our very nature, yet when welcoming our own personal innate connection, life (Tao) newly arrives.
- Inner trust opens all channels that can fully transcend our experience. We become recipients to these channels that connect not only with ourselves, but the spirit of life, people, and while fully transcending other dimensions of open expressions.
- Let's access these powerful ways that invites your listening for clearer Tao wisdom.

# First things first

- Know what source is, and also what it is not so to truly translate these values into our active life.
- Tao is a fluid source and of transparency. Let's explore by deconstructing our personal source from any personal references before organically reconstructing our true prime source.
- Life still carries-on "with" or "without ego." Unattached, we will begin to explore the ways that embraces the true integrity in cultivating these treasures from a trusted source.
- Ego or not, "deconstruction" can be a friendly way to work thru the controller within.

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# The controllers job

- We are not here to kill-off the “ego” even though it wants to control our source. The controller has a role of self-preservation (Its job of “must know” aims taking to mental charge) as that’s the egos design.
- We don’t want to literally eradicate the ego from ourselves or others where there’s no return to embrace our current benchmarks.
- We are here to know, listen and not fix. So how do we listen when emotions all of a sudden grabs us with fear, concern or, even worry?
- Remember our reactors become great information as we can start to slow our reactive mind from impulsive behavior.

## Duality: Who's on who's side?

- When we take anger or control into team confidence, we can work from all sides of emotions with engaging ego or not. To simply relax, we may embody the heart/mind/body/emotions/feelings with what is.
- When we are stewards of personal source, then we allow this transparency of what lies inside is our relaxed ways of seeing. This natural effort lines-up our connection so we may live a trusting source peacefully within.
- Let us explore and begin.

# Maybe doubts the only culprit?

- What messages have you been told or perhaps learned to not trust yourself? Look at these filters that destroy this confident source and notice if there are any culprits of body images or thought viruses that got hold?
- Perhaps emotions/feelings could limit your self-expression to trust your personal power (Guilt/shame to name a few). What's really occurring and be honest? Can you simmer with that now, settling into "All as good information." Can you give permission for transparency to easily reveal without being guarded or caged?
- Confusion will disappear if you see that doubt is really a myth or a lie. Now we no longer have excuses of blind-spots to tucking/hiding our awareness and pretending we still don't know?

# Not Knowing: Is it another knowing?

What is the difference between “not knowing” and “doubt”?

Doubt is an internal distrust, not an outside given thing that zaps our confidence. When doubt becomes absent or disappears, then something else takes root deeper inside our awareness.

Not knowing is pausing, re-choosing while softly permitting our awareness to flow like cool running water. This softness is not guarded because vulnerability can link through the core, the heart, the center to source a meaningful human experience.

So next time when doubt takes over, you can laugh, be unreasonable or, even surprisingly be ridiculous to free yourself.

# Ego, friend or foe

- Laughing is awkward if there's something to give up or we could continue to allow the ego to still hold control through bounded beliefs.
- Are there really any rules from the place of unboundedness?
- Who's stopping who?
- If confusion no longer has hold, let's release the attachments to source selves more freely.
- Remember, we can get the joke first and forget innocently that we laugh like nothing ever happened.

# Tao, Our Sense of Place

- Is this place vast, empty, eternal and fearless?
- The heart-self will not fail and turn down pain because it is infinitely attuned. Nothing will rob us because we are compassionately driven by our selfless mind.
- While being aware unconditionally and without judgment, can we trust being free from all assessments? Yes? No?
- From our trusted source, who am I, who are you, who are we, and who is the authority inside our deep aware of listening?

## Master Lao Tzu says:

- Empty your mind of all thoughts. Let your heart be at peace. Watch the turmoil of beings, but contemplate their return.
- Each separate being in the universe returns to this common source. Returning to the source is serenity.
- If you don't realize this source, you stumble with confusion and sorrow.
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- When you realize where you come from, you naturally become tolerant, disinterested, amused, kindhearted, dignified and liberated.
- Immersed in the wonder of the **Tao**, you can deal with whatever life brings you, and when death comes, you are ready.

# Who's teaching who?

- Our place of truth is traceless, placeless neither here nor there yet, it is embody as one. Then, is there a return, a home, a place of primal source to life, the Tao?
- "What" or "who" is listening to "what"? What is trusting what?
- The Tao's view is that it is not about trusting your teachers or their teachings or even any institutions. Our only trust is the **source** as that is what holds to your personal experience that directly roots to your free expression. That's is your gift of natural integrity.
- Knowing everyone is gifted to source, what is yours?

# Choosing clearly

- What do we connect with and where to find trusted source? In Tao, the source is touchless, tasteless, formless and cannot even be seen, yet it is seen, felt and understood.
- What does this really all mean?
- The source is where doubt is absent because something else takes root much deeper. We do it all the time and maybe really never gave it the attention to this before.
- Let's call to our "trusted source" through a personal signifier.
- Let it come out and access our clear awareness of awakened mind where we can arrive to "Grant Being."

## Is this real or conceptual?

- How do I know it's real from our source of being?
- Am I sustaining it?
- Am I enjoying it and am liberated?
- Maybe none of the above or, all of the above?
- Not a right answer or wrong answer but instead a feeling of knowing that is beyond words.
- Still simmering? Maybe that's enough for now.
- So, now what?

## Lets open to the source

- The opening of source is what we do all the time and maybe really never gave it the attention to this awareness before.
- Let's call to our "trusted source" through a personal signifier. Let it come out to access our clear awareness of awakened mind where we can arrive and grant "True Being."
- We find we communicate to this source with clear purpose and without comparing because it is our trusted gift. This source is not only personal but its purposeful for our integrity to "Source Being-ness."
- In Tao, that is called way, the path in which we truly connect and feel that something deep inside is guiding us, as if being part of these invisible running streams.

# Connecting our connection

- We invite this trusted source to come forward for yourself by connecting intimately. Like a GPS navigation system that locks into a steadfast mode of non-breakability. Mindfulness sets-in as we are switched-on, running unstoppably by our true natural-course-ways.
- It does not have to have words, but in can. It doesn't have to feel inside a physical part of the body, but it can. It doesn't have to be a guru or prophet or religion but it can. In fact, it is very palatable from the range of both believers to non-believers.
- How we connect has no rules yet, when we take our position to enjoy life from this true source, we can join with it and sustain the uninterrupted connection?

# Purposeful without meaning

- We find we communicate to this source with clear purpose and without comparing because it is our trusted gift. This source is not only personal but its purposeful for our "Integrity of Being."
- In Tao, that is called way, the path in which we truly connect to feel that something deep inside is guiding us as if part to entire stream.
- From Tao, one can cultivate the source deep inside life itself. Our path is both personal & transpersonal (transcendence) as we look inward and look outward both for trusted source.

# Is there scale to source?

- The micro and macro zoom of awareness shows up many ways. Our timing and styles of source aid us to dial-right-in to what we need in that moment. That means source is multi-dimensional.
- *No garden is too small or too big.* Source reveals wide, expanded and vast, as well as in minute detail. Transcending this consciousness becomes expansive as well as the appreciation from the smallest scale?
- Is there really any scale to source where you think you could literally pointy towards this eternal place as a thing?
- Trusted source is giving up the control within so to collapse with our limited recognition.

# The “Way(s)” to source

- What ways do you channel your trusted source that works for you?
- Working from a personal source, our inner trust offers a live wire of richness. Once we pause, look and choose from our trusted source, we simply “live” our trusted source and also “act” from our trusted source.
- We know the source is not the “Ego.” Only the ego takes position and looks through “Where am I inside all this,” while lost and seeking permission.
- The self juxtaposition of ego is like a complex puzzle that desperately cannot find all the pieces where the true self fits, others fit or, even where God fits because “self” gets in the way?

# Living 360 degrees

- Self could get caught into the analytics that either defends God, Spirit or the People. We try too hard to protect an entity as ego goes relentlessly to work, looking to critique the moment to all encompassing relationships because it needs "self" as reference.
- Tao embodies from body, mind, emotions, feeling and spirit. That means Tao is truly inseparably in responsiveness towards natural laws, all from 360 degrees.
- But if we could attempt to chart source, how does source break down?
- Let's explore our "Inner Source" and "Outer Source"

## Inner Source: Does it resides within you?

- When we look inward, maybe find something inside of you that flourish. This source is more internal.
- From simple intuition, personally where does source deepen within you? Does your body talk from either a gut feeling or, a vibrancy from your own skin and bones. Maybe an inner “Wu Wu” of knowing?
- Can you accept that inner part of you that already knows and has known it all along from a “Primal Being” rather pretending I don’t know?
- Do you sometimes feel that something deep inside of you is guiding you in some way. Maybe this is the Tao? Luckily, we don’t really need a name for it and neither does the Tao.

## Outer Source: Does it reside outside of you?

- Other than looking inward for our source, one can look outward on Life. There may be external sources. These sources attune to a wide-band width of either "Universal Collectiveness" or "Personal Outward Source Channels."
- Universal collective source is a trusted source of what we think as "our community" thus serves everyone's purpose, not just autonomous individuals.
- Besides immediate community, other outside sources can be universal source such as religion, Tao, Buddha, Universal Consciousness, or Universal Spirit.

# Multi-dimensional Source

- Taking this further to being off the charts, people will not always share their closet experiences. We most likely keep these experiences alone and personal. These outside sources can be Spirit deities, guardian angels, animal guides, non-living ancestors (loved one who died recently or perhaps generation links before) to name a few.
- However channeled, some may not define exact words.
- Whether inner or outer source, we still may find signifiers to help channel our best connected source. Trusted source is everywhere and it is inside and outside of us so what is yours distinctly? Is it call to a name or a vision? Is it celestial or on earth, or both?

# Who's watching over you?

- Do you believe in a presence that accompanies you? What watches over you and what is presencing what?
- Is it you watching you or, is life watching itself inside you? Who really is saying and is consciousness just speaking to ourselves or is there an outside oversight?
- The pitfalls to losing source is allowing others to influence you through religious upbringing, culture, friends or even family. Yet, source derives much deeper. Be genuine while choosing. Only you can determine "who" or "what" you should be while asking from your intimate connection.
- You can have a name or, it can be nameless. Tao doesn't judge.

# Dialing in Source

- In order to have direct access and call to your higher source, you need to find your personal calling.
- If the phone is ringing, you pick it up. Don't let it ring long as that is annoying. This ringing is the key until you pick up the phone and reconnect, otherwise nothing happens.
- You might even have to call-in yourself rather than waiting it to ring. This is important if you think of it like a phone number. How can you make a call unless you know what you are reaching for, especially your awaiting source.
- What is your reach? Are you trying too hard with effort or does the reach feel just right and draws you in?

# Sustaining your trusted source

- Trusted source is giving up the control within so to collapse with our outer world recognition. Can you sustain this source through your daily life?
- Any doubt or, have you transcended inner peace infinitely?
- Can anyone really take this moment away from you or, you always have the say? Whether we truly trust life or not, it's up to us to receive it in our seed of trusted awareness .
- Are you awoken in absence to doubt NOW because you know who you really are?
- Continue sinking down, from the mind into the core of the heart as you find rest from this place. Source will never fail you as long as you show up through your trusted presence of pure flowing awareness, **the Tao.**

As always, I am honored  
to share this moment with you

Thank you

More info at <http://TaoArtofFlow.com>