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THE MEANING OF LIFE

WHAT is life? Is life really dictated alone by one God or are we subjected to various energies and forces that come as a natural result from the laws of the universe? The answer, many will debate.

But what's certain, is that life's events are a great source of fascination to many.

When a fortune teller tells us of a serious relationship that will take place after 30, do we really believe it?

While some go on to see the prophecy come true, others scoff at its coincidence and opine that our thoughts eventually dictate us to bring about the prediction.

Then of course, a big majority of us are believers of one God, where every incident is but, the plan of God.

Teachings that help you deal with nature

"Tao studies are skills put down by Tao scholars to help people in general to deal with nature," said Dr Geraldine Goh, the president of the Institute of Tao Studies in Malaysia.

"It is the law to live in accordance with nature and the laws of heaven and earth. What do you mean by nature? It is the universe, the solar system, earth, or if you were to look at it from a smaller context, it would mean Malaysia, your environment, your everyday surroundings."

Proper Tao studies will indefinitely help a person live better. A person born with hard luck can improve his path by correctly applying Tao principles.

Tao Studies is all-encompassing

The Study of Tao is all encompassing, covering various aspects of life.

The pursuit of Tao studies enables the person to be equipped with Tao philosophy and the fol-

lowing six skills that ancient Tao scholars possess:

San (Mountain): Tao skill which helps mankind be closer to nature eg exercise (tai chi, sword exercise, qi gong), diet, fasting, dancing and meditation.

Yi (Medicine): Traditional alternative and natural medicine eg Chinese herbal medicine, Tui Na, Acupuncture, Foot Reflexology and etc.

Ming (Fate): Fate theories like Zi Wei Numerology, Four Pillars (Eight characters), Six Cylinders and etc.

Pu (Oracle): Using I-Ching (Book of Change) to gather unknown information for more comprehensive decision-making; Almanac and Extraordinary Door Strategy.

Xiang (Appearance): Building appearance is divided into Appearance for the Dead (Feng Shui for the Dead) and that for the Living. Human appearance has active and passive analysis.

Xuan (Myth): The magical and mystical part of the Tao Studies; calligraphy, totem and the use of invisible chi, etc.

"If you buy an ornament to put in your house, it is pointless if you haven't cleansed the area of bad chi. It's different however if you've cleared the place and there's good chi all around, then you're really doing something effective," explained Dr Geraldine.

Chi is essentially energy. Everything has chi, whether good or bad.

A talented scholar

Dr Geraldine comes with an impressive resume. Born a Catholic, her family was always interested in the pursuit of Tao knowledge.

Her father, Dr Roch Goh, was the founder of the I-Ching Association in Singapore. Urged by

Dr Geraldine Goh, the President of the Institute of Tao Studies in Malaysia.



him, she studied Tao under Professor Li Heng Li, a noted international Tao scholar from Taiwan.

"I wasn't interested in the beginning. In fact, I was somewhat sceptical," she confessed.

"Learning about Tao is like learning for a degree. I give yearly talks and some people come, take notes and leave. But for how long can I do this? I need to pass on my knowledge," she says. And her knowledge is indeed worth passing

on. Her academic credentials are impeccable; she has a Masters in Economics and a PhD in Traditional Medicine Science.

She is most honoured however of being hand-picked from thousands to be selected as a Contemporary Outstanding Traditional Medical Doctors in the world.

The best mainly came from China, with her being the only one from outside the mainland.

Persevere to reach a higher point



'Heng Li' I-Ching Oracle set.

If you're faced with a difficult decision, this unique I-Ching set is made specifically for you to consult. The set comes with a deck of specifically designed I-Ching cards with hexagram lines, their names and their general interpretation, accompanied by verses sourced from Tao Scholars and Tao Master Li Heng Li.

The coming Chinese New Year will be represented by this hexagram. Use it to consult your luck for the year.

The Return Kua

● This hexagram is denoted by one Yang line at the bottom and five Yin lines at the top. This means that in the coming year, things are progressing from the bottom and moving upwards slowly but steadily. We will have to persevere and work diligently so that our targets and objectives will be achieved, slowly but surely.

● The lower trigram represents the Thunder element while the upper trigram is the Earth element, thus the Thunder is within the Earth. Hence, substantial efforts will be required for the Thunder to rise up to the Earth's surface. Based on this, if we have certain objectives in mind to be achieved in the coming year, there will be obstacles but we will have to constantly concentrate and persevere in realising them. It will not only come into fruition at the end but we may also achieve a new breakthrough.

● The image of the hexagram illus-

trates the state of the Great Wall of China spanning across the undulating hills and mountains during the winter solstice.

In pursuit of our own objectives in the coming year, we should adopt the spirit of the Great Wall, which follows the course of nature - i.e. it was built based on the contours of the mountains and valleys. When we are faced with adversities/problems or are at a difficult phase in our lives, we should lie low and slowly work our ways out of it. If we persevere, then we will surely be able to resolve the problems and advance to the next level. This is akin to us being at the lower point of the Great Wall but steadily marching upwards towards a higher point.

● For those who are already at a steady/favourable phase in their lives (i.e. higher point), one should not be complacent but must be on guard at all

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times as there is a risk that one may fall to a lower point if one let their guard loose. Instead, we should continue to persevere and we will be able to reach up to another higher point and achieve more, and a breakthrough is not unimaginable.

Take up the Introductory to the Use of Heng Li I-Ching Cards conducted by Dr Geraldine herself. A two and a half hour class, you will learn the background of the I-Ching cards, a simple method to use the cards and DIY interpretation. Uniquely, this is the only I-Ching card course made available in English where teachings are high-level Tao studies. Institute of Tao Studies Malaysia, 31-I, Jalan Desa, Taman Desa, Off Jalan Klang Lama, 58100 Kuala Lumpur. 03-7983 0388