

Daoism - Annissa, Kayleigh, Parker

Daosim, the oldest of China's main three religions, is based on the idea of Dao and balance and equality. Though Daoism has no official founder or founding date, its first recorded date comes from the 6th century BCE, the same time as Confucianism.

Major Beliefs - Central Theme is Balance

- Become one with the Tao
- One must embrace Moderation, Humility, and Compassion
- Equality with nature and mankind = a happy life
- Promote Health and Vitality
- Must nutre Chi
- Follow "Wu Wei" (let nature take its course)

How did Daoism promote Social Cohesion and Control?

Daoism was spread throughout China due to religious groups such as "Way of the Celestial Masters". These groups integrated themselves into the royal court. Their connections with the government resulted in Daoism being dubbed a semi-official religion. Between this and their popularity with the higher class, Daosim became a common tie between many families.

How did Daoism create a social purpose?

- People felt harmony in their lives
- Dao/Tao means way in Chinese-people felt like they had a way to follow
- We are all part of the life force known as the way
- Daoism encouraged letting go of organized society and becoming one with nature
- Daoism helped people find meaning in life again through purification, meditation, and offerings to deities
- Daoism is less goal oriented and more oriented towards embracing the journey of living.

Impacts

- Searching for the "elixir of immortality" resulted in gunpowder
- Created the magnetic compass
- Research contributed to Chinese medicine
- First pharmacopoeia book