



TABLE OF CONTENTS

Acknowledgments	.vii
Introduction	.ix
1. What Is the Tao?	.3
2. The Traveler	.5
3. People on the Journey	.7
4. The Tao and Traveling	.9
5. Good and Bad	.11
6. Traveling with the Tao	.13
7. Staying at Home	.15
8. Rules for the Road	.17
9. After the Journey	.19
10. Metamorphosis	.21




11. Ways of Traveling23
12. Staying Serene25
13. The World and You27
14. Your Beginnings29
15. How to Travel31
16. Returning Home33
17. Travel Guides35
18. Interruptions37
19. Centering while Moving39
20. Knowing Your Differences41
21. Looking Inward43
22. How to Get “There”45
23. Inward Journey47
24. On the Go49
25. Before You Arrived51
26. Without Leaving Home53

27. Making Plans55
28. The Known and the Unknown57
29. Accepting the World as It Is59
30. Being a Stranger61
31. Safety on the Road63
32. Places on the Map65
33. Having Enough67
34. The Tao and the World69
35. The World and the Tao71
36. Lost and Found73
37. Without Working75
38. Below the Surface77
39. Do Not Interfere79
40. Returning81
41. Paradox and Travel83
42. Union of Opposites85



43. The Way of Travel87
44. The Importance of Travel89
45. Letting Things Happen91
46. Facing Fears93
47. Traveling at Home95
48. Adding and Subtracting97
49. The Pilgrim99
50. Being Ready101
51. Everyone on the Planet103
52. The Tao and Home105
53. Not the Tao107
54. Self Awareness109
55. Harmony While Traveling111
56. Staying Receptive113
57. Respecting Differences115
58. The Traveler as Citizen of the World117

59. No Destination	119
60. Staying Centered	121
61. Making Mistakes	123
62. The Value of the Tao	125
63. One Step at a Time	127
64. A Journey of Ten Thousand Miles...	129
65. Forgetting What You Know	131
66. Staying Humble	133
67. Respect, Purpose, Trust	135
68. Playful Spirit	137
69. Learning to Yield	139
70. Knowing the World, Knowing Yourself	141
71. Staying Whole	143
72. Learning and Travel	145
73. The Tao Is Present	147
74. Staying Flexible	149



75. Meeting Others	151
76. Expect Delays	153
77. Road Work Ahead	155
78. Cancellations	157
79. Self Control	159
80. Not Traveling	161
81. Enjoying the Journey	163
About the Author	164
Other Taoist Titles from Humanics and Pamela Metz	166