

## Excerpts on the Tao, from the Textbooks of Dr. Debra Ford Msc.D

### Tao Trigram Energies

- When you feel **brave** and **charismatic**, you are connecting with *Fire Energy*.
- When you are **loving** and **nurturing**, you are connecting with *Earth Energy*.
- When you are full of **imagination**, **playful** and **intuitive**, you are connecting with *Lake Energy*.
- When you tap into your inner **strength** and are **inspirational**, you are connecting with *Thunder Energy*.
- When you are **helpful** and **support** others, you are connecting with *Heaven Energy*.
- When you feel **confident** and **compassionate**, you are connecting with *Water Energy*.
- When you believe in **magic** and **mystery**, this is **spiritual**, and you are connecting with *Mountain Energy*.
- When you are **kind** and use your **brain** and feel **intellectual**, you are connecting with *Wind Energy*.
- When you feel **balanced** and **calm** and find your **inner peace**, you are connecting with *Tai Chi Energy*.

~ *The Tao and SolePath, the Foundation for your Life, Book II, Dr. Debra Ford Msc.D, p 3*

### Trigram Energetics of the Tao

#### Trigram of the Tao - Fire

- When light and expanding, Fire energy represents growth and charisma and is clear, warm, bright and enlightened.
- When dark and collapsed, Fire energy is too hot, explosive and destructive and can't exist alone; fire needs something to burn on.

#### Trigram of the Tao - Earth

- When light and expanding, Earth energy represents self-love and cherishing and is life-giving and nourishing.
- When dark and collapsed, Earth energy absorbs too much and can't replenish itself.

### **Trigram of the Tao - Lake**

- When light and expanding, Lake energy represents positivity and communication and is joy, depth without overflowing.
- When dark and collapsed, Lake energy is stagnant.

### **Trigram of the Tao - Thunder**

- When light and expanding, Thunder energy represents power and connection, it denotes release and heralds nourishment.
- When dark and collapsed, Thunder energy is abrupt, loud, too powerful and chaotic.

### **Trigram of the Tao - Heaven**

- When light and expanding, Heaven energy represents perspective and support and is creation energy.
- When dark and collapsed, Heaven energy has no perspective and a limited point of view.

### **Trigram of the Tao - Water Energy**

- When light and expanding, Water energy represents flow and empowerment and has depth, is flowing, fluid, reflective and still.
- When dark and collapsed, Water energy is too much, it overflows, has no boundaries and is destructive.

### **Trigram of the Tao - Mountain Energy**

- When light and expanding, Mountain energy represents trust and wisdom and is constant, everlasting, durable, all seeing, always there.
- When dark and collapsed, Mountain energy is rigid and stuck.

### **Trigram of the Tao - Wind Energy**

- When light and expanding, Wind energy represents kindness and generosity and is always moving and gentle.
- When dark and collapsed, Wind energy is strong, unsettling and destructive.

### **Trigram of the Tao - Tai Chi Energy**

- When light and expanding, Tai Chi energy is balanced, allowing and non-resistant.
- When dark and collapsed, Tai Chi energy is unbalanced.

*~ Daily Pulse, rhythm of the Tao, Dr. Debra Ford Msc.D, Section 2 - your daily pulse - rhythm and ritual of the Tao*

