



# Do Nothing: Peace for Everyday Living: Reflections on Chuang Tzu's Philosophy

By Siroj Sorajjakool

Download now

Read Online ➔

## Do Nothing: Peace for Everyday Living: Reflections on Chuang Tzu's Philosophy By Siroj Sorajjakool

"Words," writes Chuang Tzu, "are for catching ideas; once you've caught the idea, you can forget the words." In *Do Nothing*, author Siroj Sorajjakool lends us some of his insightful words to help us all "catch" the provocative ideas of one of China's most important literary and philosophical giants—one who emerged at a time when China had several such giants philosophizing on Tao or "the Way."

Though his thinking dates back to the fourth century, Chuang Tzu's Tao has profound implications for our modern lives. He welcomes an existence that is radically removed from the image of normalcy that society often projects, wherein the individual must always strive for more, always seek greater productivity, and always try to better him or herself and his or her place in life. Chuang Tzu would posit that the definitions of normalcy, success, and happiness are arbitrarily assigned and that our rigid and unquestioning adherence to these so-called "norms" leads to existential restlessness and unease. Instead of striving, he would say, be still. Instead of acquiring, embrace nothingness. Instead of seeking to understand the limitlessness of the universe during your brief and extremely limited existence, enjoy the wonder of it.

Siroj Sorajjakool suggests that when we can embrace nothingness, we undergo a spiritual transformation that liberates us to see more clearly and truly find ourselves. He offers a very personal exploration of Chuang Tzu's Tao, first in its historical and literary context, and then in the context of our twenty-first century existence. What emerges is a liberating and highly readable meditation on the many lessons we can "catch" from Chuang Tzu on how we view our aspirations, our joys and sorrows, our successes and failures, and what it means to be a worthwhile person.

 [Download Do Nothing: Peace for Everyday Living: Reflections ...pdf](#)

 [Read Online Do Nothing: Peace for Everyday Living: Reflectio ...pdf](#)

# Do Nothing: Peace for Everyday Living: Reflections on Chuang Tzu's Philosophy

*By Siroj Sorajjakool*

**Do Nothing: Peace for Everyday Living: Reflections on Chuang Tzu's Philosophy** By Siroj Sorajjakool

"Words," writes Chuang Tzu, "are for catching ideas; once you've caught the idea, you can forget the words." In *Do Nothing*, author Siroj Sorajjakool lends us some of his insightful words to help us all "catch" the provocative ideas of one of China's most important literary and philosophical giants—one who emerged at a time when China had several such giants philosophizing on Tao or "the Way."

Though his thinking dates back to the fourth century, Chuang Tzu's Tao has profound implications for our modern lives. He welcomes an existence that is radically removed from the image of normalcy that society often projects, wherein the individual must always strive for more, always seek greater productivity, and always try to better him or herself and his or her place in life. Chuang Tzu would posit that the definitions of normalcy, success, and happiness are arbitrarily assigned and that our rigid and unquestioning adherence to these so-called "norms" leads to existential restlessness and unease. Instead of striving, he would say, be still. Instead of acquiring, embrace nothingness. Instead of seeking to understand the limitlessness of the universe during your brief and extremely limited existence, enjoy the wonder of it.

Siroj Sorajjakool suggests that when we can embrace nothingness, we undergo a spiritual transformation that liberates us to see more clearly and truly find ourselves. He offers a very personal exploration of Chuang Tzu's Tao, first in its historical and literary context, and then in the context of our twenty-first century existence. What emerges is a liberating and highly readable meditation on the many lessons we can "catch" from Chuang Tzu on how we view our aspirations, our joys and sorrows, our successes and failures, and what it means to be a worthwhile person.

**Do Nothing: Peace for Everyday Living: Reflections on Chuang Tzu's Philosophy** By Siroj Sorajjakool  
**Bibliography**

- Sales Rank: #2783744 in Books
- Brand: Brand: Templeton Press
- Published on: 2009-03-01
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .70" w x 5.00" l, .79 pounds
- Binding: Hardcover
- 168 pages

 [Download Do Nothing: Peace for Everyday Living: Reflections ...pdf](#)

 [Read Online Do Nothing: Peace for Everyday Living: Reflectio ...pdf](#)

## **Download and Read Free Online Do Nothing: Peace for Everyday Living: Reflections on Chuang Tzu's Philosophy By Siroj Sorajjakool**

---

### **Editorial Review**

#### About the Author

Dr. Siroj Sorajjakool is professor of religion, psychology, and counseling at Loma Linda University and pastoral counseling supervisor at Loma Linda and at Claremont School of Theology. He has a PhD in theology and personality from Claremont School of Theology. He has published extensively in Thai and English.

### **Users Review**

#### **From reader reviews:**

##### **Margie Turner:**

Within other case, little persons like to read book Do Nothing: Peace for Everyday Living: Reflections on Chuang Tzu's Philosophy. You can choose the best book if you love reading a book. Provided that we know about how is important some sort of book Do Nothing: Peace for Everyday Living: Reflections on Chuang Tzu's Philosophy. You can add expertise and of course you can around the world by a book. Absolutely right, due to the fact from book you can recognize everything! From your country until eventually foreign or abroad you can be known. About simple thing until wonderful thing you are able to know that. In this era, you can open a book or searching by internet system. It is called e-book. You need to use it when you feel weary to go to the library. Let's examine.

##### **Gregory Jones:**

The book untitled Do Nothing: Peace for Everyday Living: Reflections on Chuang Tzu's Philosophy contain a lot of information on the item. The writer explains your ex idea with easy technique. The language is very clear and understandable all the people, so do certainly not worry, you can easy to read this. The book was published by famous author. The author brings you in the new period of time of literary works. You can read this book because you can read on your smart phone, or gadget, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site and also order it. Have a nice learn.

##### **Patricia Skinner:**

In this period of time globalization it is important to someone to get information. The information will make a professional understand the condition of the world. The condition of the world makes the information much easier to share. You can find a lot of personal references to get information example: internet, newspaper, book, and soon. You can observe that now, a lot of publisher that print many kinds of book. Often the book that recommended to you is Do Nothing: Peace for Everyday Living: Reflections on Chuang Tzu's Philosophy this publication consist a lot of the information from the condition of this world now. This book

was represented how can the world has grown up. The dialect styles that writer make usage of to explain it is easy to understand. Often the writer made some study when he makes this book. Here is why this book suitable all of you.

**Raymond Crandall:**

A lot of book has printed but it differs. You can get it by internet on social media. You can choose the most effective book for you, science, witty, novel, or whatever by simply searching from it. It is known as of book Do Nothing: Peace for Everyday Living: Reflections on Chuang Tzu's Philosophy. You'll be able to your knowledge by it. Without departing the printed book, it might add your knowledge and make a person happier to read. It is most crucial that, you must aware about e-book. It can bring you from one destination to other place.

**Download and Read Online Do Nothing: Peace for Everyday  
Living: Reflections on Chuang Tzu's Philosophy By Siroj  
Sorajjakool #31IVMX524Y7**

# **Read Do Nothing: Peace for Everyday Living: Reflections on Chuang Tzu's Philosophy By Siroj Sorajjakool for online ebook**

Do Nothing: Peace for Everyday Living: Reflections on Chuang Tzu's Philosophy By Siroj Sorajjakool Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Do Nothing: Peace for Everyday Living: Reflections on Chuang Tzu's Philosophy By Siroj Sorajjakool books to read online.

## **Online Do Nothing: Peace for Everyday Living: Reflections on Chuang Tzu's Philosophy By Siroj Sorajjakool ebook PDF download**

**Do Nothing: Peace for Everyday Living: Reflections on Chuang Tzu's Philosophy By Siroj Sorajjakool Doc**

**Do Nothing: Peace for Everyday Living: Reflections on Chuang Tzu's Philosophy By Siroj Sorajjakool Mobipocket**

**Do Nothing: Peace for Everyday Living: Reflections on Chuang Tzu's Philosophy By Siroj Sorajjakool EPub**

**31IVMX524Y7: Do Nothing: Peace for Everyday Living: Reflections on Chuang Tzu's Philosophy By Siroj Sorajjakool**