

The Nine Practices

(*Jiǔxíng* 九行)

(*Lǎojūn jīnglǜ* 老君經律 [Scriptural Statutes of Lord Lao], DZ 786, 1a)

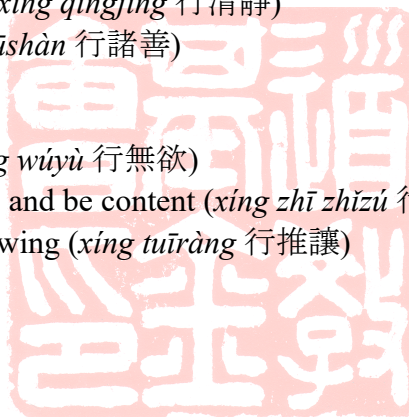
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Center for Daoist Studies 道學中心

1. Practice non-action (*xíng wúwéi* 行無為)
2. Practice softness and weakness (*xíng róuruò* 行柔弱)
3. Practice guarding the feminine (*xíng shǒuci* 行守雌)

4. Practice being nameless (*xíng wúmíng* 行無名)
5. Practice clarity and stillness (*xíng qīngjìng* 行清靜)
6. Practice being adept (*xíng zhūshàn* 行諸善)

7. Practice being desireless (*xíng wúyù* 行無欲)
8. Practice knowing how to stop and be content (*xíng zhī zhǐzú* 行知止足)*
9. Practice yielding and withdrawing (*xíng tuīràng* 行推讓)



* Or, “stop with sufficiency/contentment.”