

# Following The Tao

By Chris Melmoth, LMT, EMT

Traditionally we have been taught that the Tao is the divine way of nature that guides those who have the eyes to see It and the ears to hear It through life on the path of least resistance.

I, personally, do not believe that “divine” is an accurate association... and that this path is led purely by our own subconscious and collective minds, rather than by a deity or other spiritual phenomenon. While others argue that perhaps the subconscious mind is what links the human brain to the divine, and this is where we get our divine ideas, inspirations, and guidances.

Whichever your belief, I think what matters most is that you are able to recognize it and follow it. And so here I would like to present a deeper, and hopefully clearer understanding of it, so that you may be able to benefit from it in a more practical way.

From my experience, our ability to follow this Tao is based upon our subconscious minds & thought frequencies, and the connection between our core beliefs and the morphic fields (the energetic frequencies that make up everybody & everything) that surround us. Our connection to the world around us... people, nature, physical objects... everything is made up of a certain frequency vibration, and our subconscious minds are based upon beliefs, or energetic patterns, that also operate at certain frequencies. So basically our connection, our Tao, is these frequency links that are all around us.

The way the Tao works is this...

The subconscious mind has one main purpose in the physical body... survival of the organism... keep it alive by regulating the autonomic nervous system... keeping the heart beating, the lungs breathing, and by notifying us in subtle ways when something is wrong so that we may address it before it becomes a life-threatening problem. It also notifies us when something is right, and leads us to take actions that are going to give us the best results with the least amount of energy expenditure.

It accomplishes this by constantly linking us up with things around us of similar vibrations to our current overriding subconscious thoughts & beliefs. Things that are not close to our own frequencies will not naturally cross our paths. We will not normally “attract” them into our lives. This is how the Law of Attraction works. But you may not attract certain things at one point in your life, but later on, after your beliefs about it have changed, then begin attracting them. This is also how coincidence and synchronicities work. They occur when we see things that are of the same subconscious vibration of the thought we are having. Have you ever thought about somebody you haven’t thought of in years, and then suddenly get a phone call from them? This coincidence is the blending of two incidences of the same or similar frequency.

When we are “in the Tao”, we are moving through life, in that particular moment, at the “perfect speed” as Jonathan Livingston Seagull showed us. Which basically means the frequencies of our subconscious thoughts are in sync with the frequencies that surround us in that moment, which allows us to see those links around us.

So if my mind is subconsciously thinking about the number 11:11, and right when I have that thought I see 11:11 on the clock in front of me... that coincidence or synchronicity occurred... those frequencies linked up because I was operating at the right speed.

Furthermore, Taoism is not a religion, but explains religion and helps put it into the right perspective. It has the answers for God & spirituality, synchronicities and other philosophical ideas, as well as for science, quantum physics, and so much more. It also can unify the religions. The good parts of Christianity, Islam, and other religions will find common ground within Taoism. The one thing that they all can agree on is that there is something “out there” that is guiding humanity toward peace.

