



The Wisdom of Water

Lessons from the Tao



上善若水

The highest goodness is like water





Thank you!

Hello everyone!

Have you ever felt overwhelmed by the speed of life? You wake up to countless notifications, your calendar is packed, you feel busy, even productive. But at the end of the day, something still feels missing.

I certainly felt that way, until I discovered an ancient answer in a very thin book—the *Tao Te Ching*, written by the Chinese sage Laozi over 2,600 years ago. Its message is simple yet profound: **"The highest goodness is like water."**

Let me share three lessons we can learn from it.

First, Humility.

Water always flows to the lowest place. It **nourishes all things**—without seeking any reward. It is humble. This taught me that it's okay to say, "I don't know. I want to learn more." Instead of just promoting my own success, I find it more meaningful to help others. With a humble mindset, we build richer connections.

Second, Harmony.

When water meets a rock, it doesn't force its way through. It simply **flows around it**. It finds a solution without conflict.

I realized my stress came from fighting against my environment. But by shifting my focus from "achieving more success" to "achieving more **harmony**," I felt calm again. We can learn to work *with* our circumstances, not against them.

Third, Openness.

Water is open to change. It can be a liquid, a solid, or a gas. Its **flexibility is its strength**.

In our world of constant change, we too need to be open—open to learn, to unlearn, and to help each other navigate new challenges.

So, humility, harmony, and openness. These three lessons abbreviate to H-H-O, or (hydrogen monoxide) **H₂O**—the chemical formula for water. They are my guiding principles.

Now, whenever I feel stressed, I ask: **"What would water do?"** This ancient wisdom has changed my life.

I encourage you to try it. Thank you.