



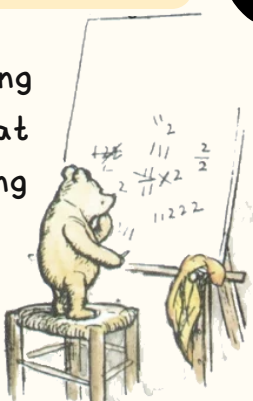
A SUMMARY OF HOFF'S THE TAO OF POOH



THE TAO OF P'U

1

"One of the advantages of being disorganized is that one is always having surprising discoveries."



"When you discard arrogance, complexity, and a few other things that get in the way, sooner or later you will discover that simple childlike and mysterious secret known to those of the Uncarved Block..."

Benjamin Hoff

2

INNER NATURE

"The things that make me different are the things that make me, me."



Cattleston Pie

"Cattleston Pie, Cattleston Pie, a fly can't bird, but a bird can fly. Ask me a riddle and I reply Cattleston Pie, Cattleston Pie."

all living creatures ought to live in a state of harmony with the universe, and the energy found in it

3

WU WEI (THE POOH WAY)

"Rivers know this: there is no hurry. We shall get there someday."



Wu wei means "without doing, causing, or making" (Hoff 67) Hoff explains how the root of Pooh's contentment is his "practice of taking no action that is not in accord with the natural course of the universe"

4

SIMPLICITY

"Don't underestimate the value of Doing Nothing, of just going along, listening to all things you can't hear, and not bothering."



"Sometimes I sit and think, and sometimes I just sit..."



5

EMPTY MIND

"Life is a journey to be experienced, not a problem to be solved."



While Eeyore frets...



...and Piglet hesitates



and Rabbit calculates...



...and Owl pontificates



Pooh just is.

