



daily GOOD

Blunt the sharpness, resolve the tangles, settle the dust. --Tao Te Ching

Cultivating Inner Stillness for Compassionate Service

"Make the world your Temple. In 2019, Sarah Tulivu had been given this clear instruction by two Taoist masters, including her direct teacher, Master Waysun Liao. At the time, Sarah, ordained as Fong Yi, was living and training full-time as a monk in a Taoist temple in Lago Atitln, Guatemala. For six years, she had practiced meditation and the embodied consciousness practice of taiji (tai chi) in the lineage of Taiji Tao for six to seven hours a day. In the two years prior to her monastic life, Sarah had been a deep student of the Buddhist tradition across Nepal, India, and Thailand. It was now time for her to venture into the world. Find the Teacher and the Teaching everywhere, and in everyone, said Master Liao." Sarah Tulivu has led Taiji Tao retreats and workshops in many different corners of the world. More on her unique life journey [here](#).

Be The Change:

Join an Awakin Call with Sarah Tulivu this Saturday. More details and RSVP info [here](#).