

Find the consciousness you had before you were born.

Cultivating 'virtue' is essential ...

Knows the masculine, maintain the feminine,

Become the channel of the world.

Become the channel of the world,

And De will endure.

Return to infancy.

Know the white, sustain the black,

Become the example of the world.

Become the example of the world,

And De will not falter.

Returned to the uncarved block.

Know glory, sustain disgrace,

Become the valley of the world.

Become the valley of the world,

And De will prevail.

Return to simplicity.

From Dao De Jing 28

*De/Te: basically means "virtue" in the sense of "personal character", "inner strength", or "integrity." The semantics of this Chinese word resemble English virtue, which developed from a (now archaic) sense of "inner potency" or "divine power" (as in "healing virtue of a drug") to the modern meaning of "moral excellence" or "goodness". Compare the compound word dàodé (?? "ethics", "ethical principles", "morals," or "morality"). -- wikipedia

#Follow the inner witness rather than the outer ones

What one may regards as an 'outer' witness is in fact how it appears. Therefore, the distinction between 'inner' and 'outer' isn't necessary except perhaps when one uncritically follows an outer 'authority'.