

Taoist Four Simple Pleasures for the Professor - Master of Nothingness:

1. **The best thing I enjoy is *Sleeping* (6-8 hrs per night & 1-2 hr Naps).**

(They ask me what was the best thing I liked to do at a small 30th birthday party with my family. I said without thinking "Sleeping" because it gave me the most pleasure after working all day on my projects to finally rest.)

2. **Reading on Self Improvement, Understanding, Perfection & Individual 's Lives**

(I enjoyed discovered various ways to improve & better myself with the knowledge of how to do it.)

3. **Sitting and Contemplating (*Thinking & Review Life's Events*) in a Natural Setting.**

(*Wu Ch Acres – Mountain & Spring Lake Rhododendron (Reed) Park*)

(I enjoy this time of reflection because it gives me an opportunity to put things in perspective & gives me direction to proceed with my projects & life goals fulfilling my energy pattern.)

4. **Riding Horses in a Natural Setting.**

(I loved riding horses because it got me in the woods, up in the mountains or on the ocean/lake beaches about 9' above the ground to view the scenery. I love the woods & natural environments & that is how I rode.)