



Relaxing into Your Being: The Taoist Meditation Tradition of Lao Tse, Volume 1 (Water Method of Taoist Meditation)

Bruce Frantzis

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This is the first volume of a two-book series that peels away the metaphors and explains the living tradition of Taoist meditation, which is little known or taught in the West. Most of what people know about Taoism comes from philosophical texts such as the *I-Ching* or the *Tao Te Ching* by Lao Tse.

However, outside China virtually nothing is known of Lao Tse's living tradition of Taoism. Bruce Frantzis wrote this book so that this great meditation tradition might reach and inspire a wider audience. It is relevant not only to anyone interested in meditation but to anyone who wants to find out how to lessen stress, let go of negative emotions, and rediscover deeper levels of inner peace and stillness. The book includes breathing lessons that help calm your mind and relax your emotions. It also includes fascinating stories of the author's training in China with Taoist Lineage Master and Sage, Liu Hung Chieh.

Now, Frantzis gives us, in two accessible volumes, the theory and practice of the Water Method of Taoist Meditation. This tradition was originally described by Lao Tse in the *Tao Te Ching* over 2,500 years ago, and has been passed down from teacher to disciple in an unbroken lineage through the Taoist sage Liu Hung Chieh to the author.

Relaxing Into Your Being explains the Water Method with its complete internal energy system, and teaches how to slow your breath, use more lung capacity, massage your internal organs, and develop meditative awareness. Frantzis provides tools, unique to the Water Method, to reduce stress and help maintain optimal health in today's fast-paced computer age.

This Taoist meditation series continues in volume two: *The Great Stillness*.

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Spent a free the perfect time to be fun activity to do! A lot of people spent their down time with their family, or their particular friends. Usually they accomplishing activity like watching television, gonna beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Might be reading a book may be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to attempt look for book, may be the reserve untitled Relaxing into Your Being: The Taoist Meditation Tradition of Lao Tse, Volume 1 (Water Method of Taoist Meditation) can be excellent book to read. May be it can be best activity to you.

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