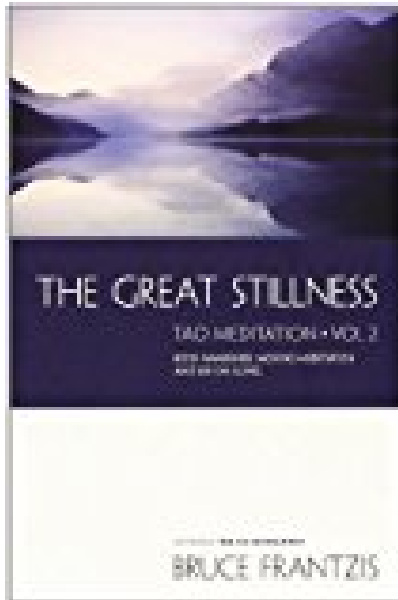


The Great Stillness The Water Method of Taoist Meditation Series Vol. 2



BOOK DETAILS

- Author : Bruce Frantzis
- Pages : 272 Pages
- Publisher : North Atlantic Books
- Language : English
- ISBN : 1556434081



BOOK SYNOPSIS

This is the second 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 authors 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. The main focus of The Great Stillness is to explain Inner Dissolving its major mediation technique that helps people overcome deeply bound negative emotions, deepen their spiritual and psychic development, and develop balance and compassion. It is one of the few books that reveals the Taoist traditions of sexual qigong, sexual meditation and the moving meditation practice called Circle Walking that was developed in Taoist monasteries over 4000 years ago. This volume advances on lessons taught in volume one: Relaxing Into Your Being.

THE GREAT STILLNESS THE WATER METHOD OF TAOIST MEDITATION

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