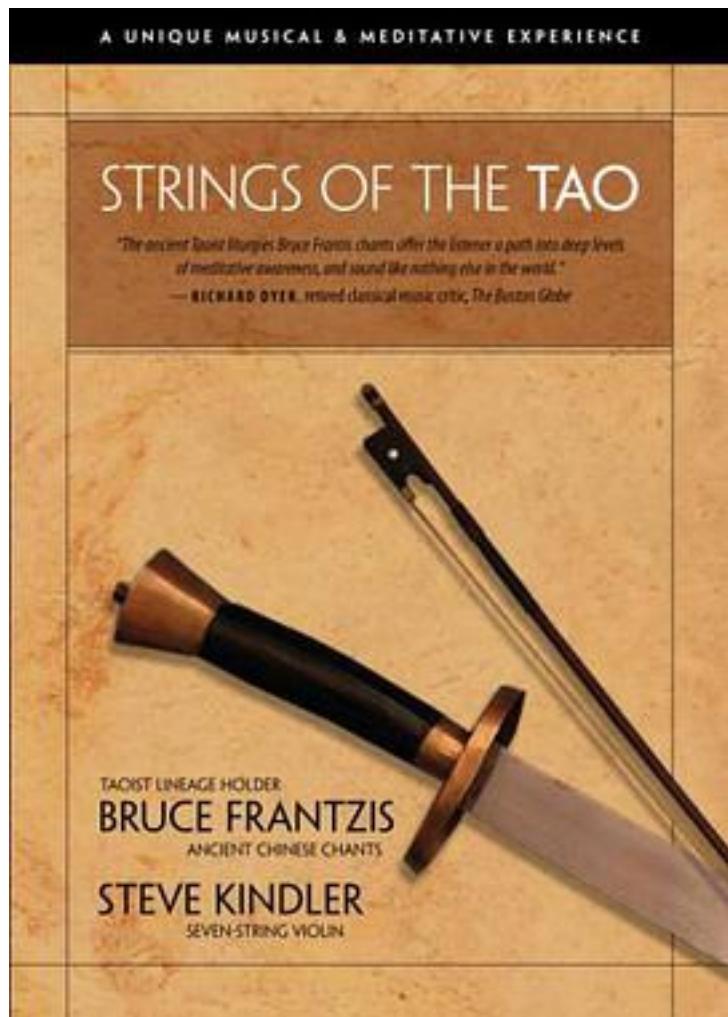


Strings of the TAO



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著者:Bruce Frantzis

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In a live performance, Taoist Lineage Master Bruce Frantzis chants

never-before-recorded liturgies in ancient Chinese accompanied by former Kitaro violinist Steve Kindler on the seven-string violin.

During his training as a Taoist priest in China, Frantzis learned 3,000 liturgies, rich in vibrational overtones, as tools to activate and weave together the eight energy bodies in a human being. He is believed to be the only Westerner in the world to have studied this ancient practice.

Frantzis, whose meditation lineage is directly linked to that of Lao Tse—author of the Tao Te Ching—explains in detail how each liturgy he performs can help you achieve profound spiritual states as you meditate or practice energy work such as tai chi, chi gung, or yoga. Listen to these powerful liturgies to move into a deeply relaxed internal space, or just for fun. They can help you cultivate joy, balance, and compassion in your life.

Track titles:

1. Finding internal space
2. Commentary: An overview of Taoism
3. Internal alignments
4. Commentary: Vibration, alignments, and yin/yang
5. Flowing between yin and yang
6. Commentary: Yin/yang and tai chi
7. Tai chi
8. Commentary: Stability and chaos
9. Finding smoothness between stability and chaos
10. Commentary: Emptiness and compassion
11. From emptiness to compassion
12. Seven energy bodies jazz improv

作者介绍:

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