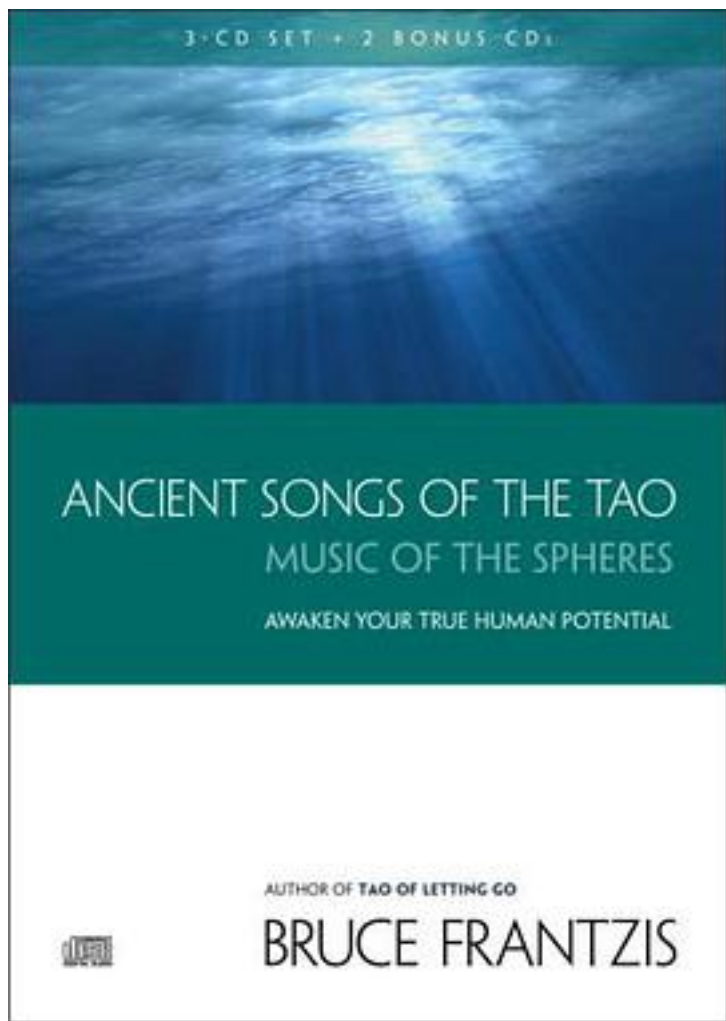


# Ancient Songs of the TAO



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As part of my training as a Taoist priest in China, I learned 3,000 ancient liturgies that

create vibrations for changing the energetic frequencies in human beings. I use these powerfully effective chants to help my students relax their tension, energetic blockages, emotions and churning thoughts. After decades of being asked to record them, I finally feel the time has come to share them with you.

—Bruce Frantzis

Listen to the music of the spheres—ancient audio technology developed by the Taoists thousands of years ago to help people activate and weave together their eight energy bodies. These songs of the TAO can help you:

- Enhance your ability to breathe fully into your entire body
- Align your body to ensure uninhibited chi flow for optimal health
- Deepen your meditation, tai chi, chi gung, martial arts, or yoga practice
- Become present and experience Fourth Time
- Transform fear, rejection and depression into awareness, freedom, and joy
- Relax into the Heart-Mind to allow love and compassion to flow freely

Before performing each song, Frantzis explains its intended use. This set includes two bonus CDs—discs 4 and 5—with songs only. Practice with them to master your inner world.

## DISC 1 Fundamentals & Breathing

1: Origin of the songs

2: How to use the songs

3: Explanation of the sounds

4-5: Becoming present

6-7: Feeling your energy

8-9: Activating the breath

10-11: Breathing with the diaphragm and sides

12-13: Breathing from the back and kidneys

14-15: Connecting the belly, lower back, and organs

16-17: Breathing with the lungs and upper back

18-19: Breathing with the spine

20-21: Longevity Breathing®

## DISC 2 Alignments & the Heart-Mind

1-2: Alignments for meditation

3-4: Upper body alignments

5-6: Middle body alignments

7-8: Lower body alignments

9-10: Attention and the Heart-Mind

11-12: Finding the Heart-Mind

13-14: Expectations and Fourth Time

DISC 3 Balancing Your Emotions

1: Letting go

2-3: Releasing anger and frustration

4-5: From fog to enthusiasm and joy

6-7: Dissolving depression

8-9: Moving past fear to awareness

10-11: The freedom beyond rejection

12-13: Relaxing anxiety

14-15: Releasing pain

16-17: Love & compassion

DISC 4 Breathing & Alignments

1: Becoming present

2: Feeling your energy

3: Activating the breath

4: Breathing with the diaphragm and sides

5: Breathing from the back and kidneys

6: Connecting the belly, lower back, and organs

7: Breathing with the lungs and upper back

8: Breathing with the spine

9: Longevity Breathing®

10: Alignments for meditation

11: Upper body alignments

12: Middle body alignments

13: Lower body alignments

DISC 5 Balancing the Emotions

1: Attention and the Heart-Mind

2: Finding the Heart-Mind

3: Expectations and Fourth Time

4: Releasing anger and frustration

5: From fog to enthusiasm and joy

6: Dissolving depression

7: Moving past fear to awareness

8: The freedom beyond rejection

9: Relaxing anxiety

10: Releasing pain

11: Love & compassion

作者介绍:

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