



Tao Of Practice

J Elliott



Tao Of Practice:

The Practice of Greater Kan and Li Mantak Chia, Andrew Jan, 2014-02-01 A guide to Taoist exercises to return to the Wu Wei state of mind and create the immortal spirit body Includes illustrated instructions to connect astral energy with the energies of animals children and plants to grow the immortal fetus or spirit body Provides warm up exercises and a complete daily Kan and Li routine Explores how these advanced formulas are used for astral flight and realization of the Wu Wei state Building on the Lesser Kan and Li formulas for the development of the soul body this book provides illustrated descriptions of the Greater Kan and Li formulas to create the immortal spirit body Used by Taoist masters for thousands of years these exercises are for advanced students of Taoist Inner Alchemy and mark the beginning of the path to immortality Master Mantak Chia and Andrew Jan reveal how to use Taoist inner alchemy to harness the energies of Sun Moon Earth North Star and Big Dipper and transform them to feed the soul body and begin development of the immortal spirit body They explain how to reverse yin and yang power through energetic work at the solar plexus thereby activating the liberation of transformed sexual energy They explore how to open the heart center and how to connect astral energy with the energies of animals children and plants to grow the immortal fetus or spirit body The authors provide warm up exercises including the Inner Smile and Fusion practices and outline a complete daily Kan and Li routine for mental and physical health longevity astral flight and realization of the Wu Wei state

Basic Practices of the Universal Healing Tao Mantak Chia, William U. Wei, 2013-04-05 A comprehensive reference guide to the foundational Taoist practices taught by Master Mantak Chia Organized by level and chi kung system for quick reference during practice or teaching Includes 220 exercises from more than 20 of Master Chia's practice systems including the Inner Smile the Six Healing Sounds the Microcosmic Orbit Chi Self Massage Cosmic Detox and Iron Shirt Chi Kung Covers all of the basic exercises in the Universal Tao's first 6 levels of instruction Organized progressively by level and system for quick reference during practice or teaching this illustrated guide covers all of the foundational exercises in the Universal Healing Tao's first 6 levels of instruction Keyed to the corresponding book for each complete practice such as Healing Light of the Tao and Chi Self Massage this guide includes 220 exercises from more than 20 of Master Mantak Chia's practice systems including the Inner Smile the Six Healing Sounds the Microcosmic Orbit Iron Shirt Chi Kung Wisdom Chi Kung Tao Yin Chi Nei Tsang Cosmic Detox Bone Marrow Nei Kung Cosmic Healing Tendon Nei Kung and Karsai Nei Kung Offering a comprehensive reference to the beginning and intermediate practices of the Universal Healing Tao this book allows you to build a regular Taoist practice combining internal and external chi and sexual energy exercises from the full range of Master Chia's teachings enabling you to purify transform regenerate and transcend not only your own energy but the energy around you as well

Energy Balance Through the Tao Mantak Chia, 2005-08-30 The Taoist system of Tao Yin is one of the oldest and most diverse forms of exercise in China Tao Yin focuses on creating balance between internal and external energies and revitalizing the body mind and spirit with a

combination of strength flexibility and internal energy exercises Feng Shui Professional Practice: Preparation for Extreme Analysis and Design Accuracy Shido of Sukhavati, 2015-04-16 Continuous and never ending improvement in the skills in this book will increase professional reputation and net profit YOU MAY NOT BE USING ALL YOUR LEVELS OF MIND IN YOUR ANALYSIS BUT WHEN YOU GET ALL THE INFORMATION ABOUT THE CLIENTS SITE THEN YOU SELL YOUR SERVICE TO A SATISFIED CUSTOMER WHEN YOU APPLY ALL THE FACTS ABOUT CLIENTS SITE YOU GAIN REPUTATION FOR EXCELLENCE DO NOT BUY A NEW OFFICE OR BUILDING OR LANDSCAPE UNTIL YOU SEE FOR YOURSELF THAT IT WORKS COMPARE THE TINY COST OF THIS BOOK AND THE SHORT TIME TO ABSORB IT AGAINST THE WISDOM AND THE EXCELLENT FENG SHUI REPUTATION AND THE INCOME USE THE FOLLOWING WISDOM FROM THIS BOOK The Many Levels of Mind and the Influence of Taoist Concepts Seeking the Underlying Reality Scientific and Buddhist Approaches Taxonomy of Feng Shui Concepts Communicating with Underlying Reality to Acquire Information Necessary for Feng Shui Employing Higher Levels of Mind Separate levels of Mind and Consciousness as Tools Removing the noise from the information discovers all the contributing factors for the long term **Tai Chi Fa Jin** Mantak Chia, Andrew Jan, 2012-02-08 A guide to the seemingly effortless yet explosively powerful martial art techniques of Fa Jin Explains how to collect energy within and discharge it for self defense as well as healing Explores how to counter the natural instinct to resist force with force and develop yielding softness through the 13 Original Movements of Tai Chi Illustrates routines for the partner practice of Push Hands Tui Shou Fa Jin an advanced yang style of Tai Chi complements the physical mental and spiritual conditioning available through solo Tai Chi practice and the internal martial arts of Taoism Fa Jin enables adepts to harness the energy of yin yang and the earth in the lower tan tien and discharge it as an extremely close range yet explosively powerful blow in self defense and partner practice as well as in healing techniques Integrating the teachings of many Taoist masters including Chang San Feng the creator of Tai Chi Wang Tsung Yueh the legendary 19th century master Bruce Lee the actor and martial artist who made the one inch punch technique famous and the Magus of Java a living master able to discharge energy in the form of electric shocks this book explores the history philosophy internal exercises and physical practices of Fa Jin Drawing on Iron Shirt Chi Kung and Tan Tien Chi Kung techniques Master Mantak Chia and Andrew Jan reveal the secrets to collecting yin and yang in the lower tan tien and discharging the energy in a seemingly effortless yet explosive blow Illustrating several routines of the Tai Chi partner practice of Push Hands Tui Shou they explain how to apply Fa Jin techniques by listening to your opponent s intentions and countering the natural instinct to resist force with force through yielding softness and redirection The authors also detail how to prepare for this advanced practice through stretching meditation breathing relaxation and energetic exercises The Alchemy of Sexual Energy Mantak Chia, 2009-12-23 Taoist techniques for replenishing our internal energy with universal cosmic energy Shows how to transform excess sexual energy Ching Chi into self healing energy Presents advanced Cosmic Healing Chi Kung practices

which gather the limitless resources of Cosmic Chi for healing Explains how opening of the three tan tiens to the six directions allows personal consciousness to connect directly to higher sources of energy Taoists consider our sexual energy to be the creative force that we can use to regenerate the body s internal energy but we must learn how to harness excess sexual energy and transform it into chi or life force energy When we circulate the sexual energy in the Microcosmic Orbit a continuous energy loop that runs up the spine and down the front of the body we transform it into self healing energy that can be stored in the organs and the three tan tiens energy centers in the brain the heart center and the lower abdomen The Alchemy of Sexual Energy builds upon Microcosmic Orbit practices discussed in Healing Light of the Tao The more we open the flow of our internal energy the more capable we are of connecting to the cosmic energy that exists outside ourselves in the universe By learning to open the three tan tiens to the six directions the Taoist practitioner combines mind power with extension of chi to draw cosmic energy into the body This energy too can be stored in the three tan tiens and used as needed for healing When we learn to flow in this way with the energy of the Tao life ceases to be a struggle

The Taoist Soul Body Mantak Chia,2007-11-15 A guide to the practice of the Lesser Kan and Li that gives birth to the soul body and the immortal spirit body Shows how to awaken higher consciousness through practices in total darkness that stimulate the release of DMT by the pineal gland Shows how to transform sexual energy into life force energy to feed the soul body The Lesser Enlightenment of Kan and Li practice combines the compassion of the heart energies yang fire with sexual energies originating in the kidneys yin water to form and feed the soul or energy body Practice of the Chinese formula Siaow Kan Li yin and yang mixed uses darkness technology to literally steam the sexual energy jing into life force energy chi by re versing the location of yin and yang power This inversion places the heat of the bodily fire from the heart center beneath the coolness of the bodily water of the sexual energy of the perineum thereby activating the liberation of transformed sexual energy Darkness technology has been a key element of Taoist practice and of all Inner Alchemy traditions throughout the ages A total darkness environment stimulates the pineal gland to release DMT into the brain The darkness actualizes successively higher states of consciousness correlating with the accumulation of psychedelic chemicals in the brain In the darkness mind and soul begin to wander freely in the vast realms of psychic and spiritual experience Death is no longer to be feared because life beyond the physical body is known through direct experience The birth of the soul is not a metaphor It is an actual process of converting energy into a subtle body Developing the soul body is the preparation for the growth of the immortal spirit body in the practice of the Greater Enlightenment of Kan and Li

Healing Light of the Tao Mantak Chia,2008-05-27 The guide to engaging and directing the three primordial forces of Earth Heaven and Higher Self to achieve enlightenment and immortality Explains how to circulate the life force or chi by balancing yang male and yin female currents of bioenergy Includes an overview of the complete Taoist body mind spirit system along with newly refined methods of activating the life force The sequel to the classic Awaken Healing Energy Through the Tao In 1983 Mantak Chia introduced

the Microcosmic Orbit to the West Prior to that time most of the Eastern energy practices transmitted to the West were incomplete dealing only with the ascending yang masculine channel which shoots life force energy up the spine The Microcosmic Orbit showed practitioners how to establish the descending yin feminine channel of the life force energy loop Within Taoist systems cultivating feminine energy has always been seen as the key to gaining balance and wholeness Healing Light of the Tao presents the more advanced methods of chi cultivation in the Microcosmic Orbit offering a full understanding of Taoist spiritual theory through its comprehensive overview of the complete Taoist body mind spirit system The book also includes more advanced meditation methods for absorbing the higher frequencies of Earth Force Cosmic Force and Universal Force Heavenly chi into the basic orbit It establishes a spiritual science that not only emphasizes practical benefits to health sexual vitality and emotional balance but also shows how changes made in the energy body can lead to physical rejuvenation that the Taoists called immortality

Chi Self-Massage Mantak Chia, 2006-06-05 Energetic massage techniques that dispel negative emotions relieve stress and strengthen the senses internal organs and nervous system Shows how Chi Massage employs one's own internal energy to promote rejuvenation Presents Chi Massage techniques for every organ and bodily system Provides a daily practice routine that requires only 5 to 10 minutes to complete The Western concept of massage primarily concerns muscle manipulation In the practice of Chi Massage internal energy or Chi is manipulated to strengthen and rejuvenate the sense organs eyes ears nose tongue teeth and skin and the internal organs The Taoist techniques in this practice are more than 5 000 years old and until very recently were closely guarded secrets passed down from master to student with each master often knowing only a small part of the complete method In Chi Self Massage Master Mantak Chia pieces together the entire system of Chi Massage into a logical routine revealing the methods used by Taoist masters to maintain their youthfulness He explains the energetic theory behind Chi Massage and how negative emotions affect the organs and nervous system By practicing the exercises outlined and following the daily routine that requires only 5 to 10 minutes to complete readers can strengthen their senses most notably vision hearing and taste detoxify their internal organs and glands help control negative emotions relieve stress and constipation and improve their complexion teeth and gums and overall stamina

Soul Mind Body Science System Zhi Gang Sha, 2014-11-18 What is a soul Are miracles real When the soul is healed how does the body respond Throughout history there have been countless cases of miracle healings unexplainable by modern science Dr and Master Zhi Gang Sha has personally healed thousands of patients usually in front of dozens of witnesses Hundreds of videos of these healings can be seen on YouTube But how can these healings be explained Soul Mind Body Science System is the first book to explore the scientific explanations for why soul healing miracles are genuine Written with Dr Rulin Xiu an expert on string theory and quantum physics who trained at The University of California Berkeley Dr Sha shares for the first time the scientific theories that explain why all actions on Earth are guided by the reality of the soul In Soul Mind Body Science System the complex and fascinating relationships present

between matter density information soul and consciousness are thoroughly examined Written for armchair and professional scientists alike this book makes a significant contribution to the ongoing debate about the true nature of reality As the lines between science and spirit blur this investigation becomes ever more important The groundbreaking Soul Mind Body Science System is for all readers who have contemplated the fundamental scientific laws of the universe and sought answers beyond those offered by popular science and mainstream faith

Bone Marrow Nei Kung Mantak Chia,2006-10-25 A guide to nourishing the body through bone marrow rejuvenation exercises Presents exercises to regrow bone marrow revive the internal organs and prevent osteoporosis Explains the use of bone breathing and bone compression hitting to detoxify the body and sexual energy massage and chi weight lifting to enhance the life force within Most Westerners believe that a daily physical exercise program helps slow the aging process Yet those whose bodies appear most physically fit on the outside often enjoy only the same life span as the average nonathletic person It is the internal organs and glands that nourish every function of the body and it is the bone marrow that nourishes and rejuvenates the organs and glands through the production of blood By focusing only on the muscles without cultivating the internal organs bones and blood the Western fitness regimen can ultimately exhaust the internal system In *Bone Marrow Nei Kung* Master Mantak Chia reveals the ancient mental and physical Taoist techniques used to regrow bone marrow strengthen the bones and rejuvenate the organs and glands An advanced practice of Iron Shirt Chi Kung Bone Marrow Nei Kung was developed as a way to attain the steel body coveted in the fields of Chinese medicine and martial arts This method of absorbing energy into the bones revives the bone marrow and reverses the effects of aging through the techniques of bone breathing bone compression and sexual energy massage which stimulates the hormonal production that helps prevent osteoporosis Also included is extensive information on chi weight lifting and the practice of hitting to detoxify the body

Fusion of the Eight Psychic Channels Mantak Chia,2009-01-15 Advanced Inner Alchemy exercises that promote the free flow of energy throughout the body in preparation for the Practice of the Immortal Tao Explains how to open the Great Bridge Channel and the Great Regulator Channel Includes exercises to strengthen and wrap the spinal cord with energy Reveals how to create a thicker aura to protect the body and receive the higher frequencies of the Universal Force The *Fusion of the Eight Psychic Channels* practice builds upon the *Fusion of the Five Elements* and *Cosmic Fusion* practices and is the final step in preparation for the Practice of the Immortal Tao Master Mantak Chia shows how to open the Great Bridge Channel and the Great Regulator Channel the last of the eight psychic channels that connect the twelve organ meridians and enable energy to flow from one meridian to another By opening these psychic channels in conjunction with the Microcosmic Orbit practitioners can balance and regulate the energy flow throughout the body to protect all the body's centers Master Chia also illustrates the Spinal Cord Microcosmic Orbit practice which strengthens and wraps the spinal cord with energy and the practice of Sealing the Aura which creates a thicker aura to protect the body and facilitate the reception of higher frequencies of the Universal Force Mastery of the practices in this

book enables the creation of the energy body needed to receive the larger Universal Force vibrations accessible through the Practice of the Immortal Tao

The Eight Immortal Healers Mantak Chia, Johnathon Dao, 2017-08-15 A detailed guide to restoring the eight foundational areas of health Explains how each of legendary Taoist masters known as the Eight Immortals has a specific area of health as the focus of his or her teachings Offers practices techniques and guidelines for each of the Eight Immortal Healer teachings including the important roles of oxygen and water in the body nutrition detoxification exercise energy work emotional pollution and spiritual hygiene The Eight Immortals are a group of legendary ancient Taoist masters each associated with a specific area of health or a powerful healing technique These eight disciplines can bestow vibrant health and well being and provide the antidote to the stresses ailments degenerative diseases and toxins of modern life In this guide to the healing practices of the Eight Immortals Master Mantak Chia and Johnathon Dao share the legends of each Immortal teacher and detail the many ways to apply their wisdom through nutrition exercises supplements detoxification methods spiritual practices and energy work They explain how the first Immortal born during the 8th century AD is associated with oxygen considered in the Taoist healing perspective as the body's primary nutrient They discuss how oxygen deficiency is the main culprit in cancer and virus and provide a number of oxygen therapies including the use of hydrogen peroxide and deep breathing to stimulate the metabolism and immune system The second Immortal Healer centers on water and the authors explain how chronic dehydration can lead to a host of ailments and offer advice for rehydrating The other teachings of the Immortal Healers include Nutrition with guidance on supplements superfoods toxic foods and daily meals Detoxification with detailed guidelines for cleansing the body's organs and glands Avoiding environmental poisons with advice on vaccines dental amalgam fillings sunscreen chemotherapy fluoride and pesticides Exercise with step by step instructions for Inner Alchemy practices yoga and breathing techniques Maintenance of the energy body through acupuncture chi kung healing magnet therapy and photon sound beams and Emotional pollution and spiritual hygiene with a wealth of practices for balancing the emotional body and staying connected to Source including forgiveness meditation and karmic yoga By following these Eight Immortal Healers you can take control of your health remove the root causes of the chronic ailments that inhibit well being and longevity and choose to live life to the fullest in happiness and radiant health

□□□□□□ , **Tan Tien Chi Kung** Mantak Chia, 2004-09-01 A fundamental Taoist practice for enhancing and utilizing chi Includes breathing and movement exercises to promote vitality and healing through the cultivation of chi in the tan tien and perineum areas Presents the foundational exercises that are essential for more advanced practices such as Iron Shirt Chi Kung and Cosmic Healing Tan Tien Chi Kung is the art of cultivating and condensing chi in the lower abdomen the tan tien the fundamental power storehouse of the body Known as the Ocean of Chi to the ancient Taoists this lower abdominal area holds the key to opening the body and the mind for the free and continuous movement of chi Tan Tien Chi Kung contains specific breathing and movement exercises that develop the power of the chi stored in the body to increase vitality

strengthen organs and promote self healing Mantak Chia explains how these exercises also provide a safe and effective method for receiving earth energy which allows the practitioner to achieve balance physically mentally and spiritually all of which are essential for the more advanced practices of Iron Shirt Chi Kung and Cosmic Healing It is our mind that directs and guides our chi but if the mind and body are out of balance or under stress the mind cannot perform this function The tan tien actually contains a large quantity of neurotransmitters making it a key source of body intelligence It is for this reason the Taoists also referred to Tan Tien Chi Kung as Second Brain Chi Kung and created exercises that would allow practitioners to gain awareness of the tan tien s function to restore the mind body balance that is essential for spiritual growth and optimal well being

Tai Chi Wu Style Mantak Chia, Andrew Jan, 2013-01-22 A guide to the internal martial arts exercises of short form Wu Style Tai Chi Details the 8 core forms of Wu Style Tai Chi with fully illustrated instructions Ideal for older practitioners as well as those with health disabilities due to the small frame primary stance slower and smaller movements and conservation of energy Explains how Wu Style provides a natural introduction to martial arts boxing Reveals how Wu Style eases stiffness relieves back pain and reduces abdominal fat Following the flow of chi energy rather than directing it as in traditional Tai Chi Wu Style Tai Chi focuses on internal development seeking to conserve chi energy and gather jin power from the Earth through the tan tien Centered on a small frame stance that is feet closer together and arms closer to the body and a slower progression of movements in solo practice Wu Style offers a gentle Tai Chi form for beginners and when practiced with a partner a grounding introduction to martial arts boxing and Fa Jin the discharge of energy for self defense The more functional stance smaller movements and conservation of internal energy make Wu Style Tai Chi ideal for older practitioners as well as those with health disabilities Condensing the 37 movements of Wu Style into 8 core forms Master Mantak Chia and Andrew Jan illustrate how to build a personal short form Wu Style Tai Chi practice They explain how Wu Style Tai Chi removes energetic blockages and helps to elongate the tendons reducing stiffness and allowing the limbs to return to their natural length and full range of motion Regular practice of Wu Style relieves back pain as well as reducing abdominal fat the biggest hindrance to longevity Exploring the martial arts applications of Wu Style the authors trace its history beginning with founder Wu Chuan Yu 1834 1902 as well as explain how to apply Wu Style to Push Hands Tui Shou and Fa Jin Through mastering the short form Wu Style detailed in this book Tai Chi practitioners harness a broad range of health benefits as well as build a solid foundation for learning the complete long form Wu Style

Soul Healing Miracles Zhi Gang Sha, 2013-11-12 Millions of people on Mother Earth are suffering from sicknesses in the spiritual mental emotional and physical bodies Millions of people have limited or no access to healthcare They want solutions Millions of people are searching for spiritual secrets wisdom knowledge and practical techniques to transform their physical lives and spiritual lives The key to physical life includes good health good relationships and flourishing finances The key to soul life is to reach soul enlightenment Master Sha s *Soul Healing Miracles* teaches and empowers humanity to create soul healing miracles Readers

will learn sacred wisdom and apply practical techniques Everyone can create his or her own soul healing miracles For the first time The Source Ling Guang Soul Light Calligraphy will be offered in a book These Source Calligraphies carry matter energy and soul of The Source which can transform the matter energy and soul of the spiritual mental emotional and physical bodies This book also reveals The Source Meditation and Source Mantras which are the absolute sacred way for healing rejuvenation prolonging life and transforming all life The message of Soul Healing Miracles is I have the power to create soul healing miracles to transform all of my life You have the power to create soul healing miracles to transform all of your life Together we have the power to create soul healing miracles to transform all life of humanity Mother Earth and all universes

The Healing Energy of Shared Consciousness Mantak Chia, 2011-02-23 How to connect with universal energy for inner peace happiness and individual and global healing How to transform the energy around us into positive loving energy How to perform the World Link meditation to unite with global consciousness How to fuse the observing mind the conscious mind and the mind of awareness Western science now recognizes the three minds associated with the three tan tians of Taoism the observing mind centered in the brain the conscious mind centered in the heart and the mind of awareness centered in the lower abdomen By unifying the three minds what in Chinese is called Yi we can transform the energy around us into positive loving energy and be empowered to manifest our goals and dreams This can lead to a more balanced less negative way of life and offers a way to gain inner peace wholeness and happiness as well as the ability to heal yourself and others In The Healing Energy of Shared Consciousness Master Mantak Chia shows how to fuse the three minds and form the Protective Sacred Circle of Fire which creates a seal around us allowing in only good energy and intentions He explains step by step how to perform the World Link meditation to connect with global and universal energy for inner peace happiness and healing Accessible even for those who have never worked with the Universal Healing Tao this practice offers a way to unite people all over the world in a form of shared consciousness that amplifies collective loving energy to benefit the world

Cosmic Astrology Mantak Chia, William U. Wei, 2012-07-26 Combining Chinese Taoist astrology Western zodiac astrology and birth destiny cards to develop your innate talents and transform your negative traits Includes charts to discover your Chinese animal year your Western zodiac sun sign your moon sign and your birth destiny card as well as those of your friends lovers relatives and colleagues Provides insightful and accurate descriptions for each animal year zodiac sun sign and birth card as well as each year and sun sign combination and each sun and moon sign combination Offers career suggestions based on your innate gifts and relationship advice on which animals sign combos and birth cards to seek out and which to avoid With your first breath of life you take in the energy pattern radiated by the sun moon and stars at that moment in time and space This internal energy pattern underlies your persona your behavioral patterns personality traits and life's path Understanding these underlying patterns enables you to balance and transform your negative traits and highlight and develop your innate talents Blending Eastern and Western astrological methods Master Mantak Chia and

William Wei explain how to identify the five key patterns of your internal energy persona based on the year month and day of your birth Including charts to discover your Chinese animal year your Western zodiac sun sign your moon sign and your birth destiny card they explore how each of these astrological profiles interact to build your unique persona and provide profoundly accurate descriptions for each year and sun sign combination each sun and moon sign combination and each birth card Each description also includes career recommendations to best utilize your innate gifts and relationship advice on which animals sign combinations and birth cards to seek out and which to avoid Not only useful for personal insight and self development this new astrological approach can also be used to understand the underlying energetic personality patterns of your lovers friends relatives and colleagues

The Six Healing Sounds Mantak Chia, 2009-03-09 The Six Healing Sounds that keep the vital organs in optimal condition Presents vocalizations and accompanying postures that dissolve the tensions at the root of unhealthy chi flow and organ malfunction Shows how to release excess heat trapped around the organs and redistribute it to cooler regions of the body to bring balance health and calmness to the entire system Thousands of years ago Taoist masters discovered that a healthy organ vibrates at a particular frequency They found six sounds with the correct frequencies to keep each organ in optimal condition To accompany these Six Healing Sounds six postures were developed to activate the acupuncture meridians or energy channels of the corresponding organs In *The Six Healing Sounds* Master Mantak Chia explains how the pressures of modern life can cause excess heat to become trapped around the organs causing energy blockages and sickness He shows readers how the vibrations of the Six Healing Sounds and their accompanying postures redistribute this excess heat to the cooler regions of the body thereby stimulating and balancing chi energy and restoring the vital organs Regular practice of the Six Healing Sounds promotes optimal health for the organs increased sexual pleasure emotional balance and the prevention of illness

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Tao Of Practice Introduction

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