



# TAO of Letting Go: Meditation for Modern Living

By Bruce Frantzis

Download now

Read Online 

## TAO of Letting Go: Meditation for Modern Living By Bruce Frantzis

What is known from the *Tao Te Ching*, *I Ching*, and other Taoist texts is almost entirely literary. When Bruce Frantzis studied these texts with his main teacher, Grandmaster Liu Hung Chieh, he was taught their practical application: “This is what they say; this is what they mean; this is how to do them.” In the *TAO of Letting Go*, Frantzis offers a bridge to this pragmatic approach for living a spiritual life. Spirituality is not just an aspiration for which people strive, he says, but a genuine, accomplishable reality.

Frantzis shows how to expend maximum effort and yet not use force—the gentle way of the Water method—to enrich personal health and energy systems. The Water tradition continues the work of releasing inner conflicts, a process that begins with the Dissolving Method, passed down by Lao Tse in the *Tao Te Ching* over 2,500 years ago. The author shows how to completely let go of the blockages that bind and prevent the seeker from reaching full spiritual potential. Short, direct chapters and exercises cover such topics as breathing and awareness; Taoist meditation; fog and depression; modern anxiety; love and compassion; and more.

 [Download TAO of Letting Go: Meditation for Modern Living ...pdf](#)

 [Read Online TAO of Letting Go: Meditation for Modern Living ...pdf](#)

# TAO of Letting Go: Meditation for Modern Living

By Bruce Frantzis

## TAO of Letting Go: Meditation for Modern Living By Bruce Frantzis

What is known from the *Tao Te Ching*, *I Ching*, and other Taoist texts is almost entirely literary. When Bruce Frantzis studied these texts with his main teacher, Grandmaster Liu Hung Chieh, he was taught their practical application: "This is what they say; this is what they mean; this is how to do them." In the *TAO of Letting Go*, Frantzis offers a bridge to this pragmatic approach for living a spiritual life. Spirituality is not just an aspiration for which people strive, he says, but a genuine, accomplishable reality.

Frantzis shows how to expend maximum effort and yet not use force—the gentle way of the Water method—to enrich personal health and energy systems. The Water tradition continues the work of releasing inner conflicts, a process that begins with the Dissolving Method, passed down by Lao Tse in the *Tao Te Ching* over 2,500 years ago. The author shows how to completely let go of the blockages that bind and prevent the seeker from reaching full spiritual potential. Short, direct chapters and exercises cover such topics as breathing and awareness; Taoist meditation; fog and depression; modern anxiety; love and compassion; and more.

## TAO of Letting Go: Meditation for Modern Living By Bruce Frantzis Bibliography

- Rank: #563289 in Books
- Published on: 2009-07-07
- Released on: 2009-07-07
- Original language: English
- Number of items: 1
- Dimensions: 8.98" h x .43" w x 5.99" l, .70 pounds
- Binding: Paperback
- 175 pages

 [Download TAO of Letting Go: Meditation for Modern Living ...pdf](#)

 [Read Online TAO of Letting Go: Meditation for Modern Living ...pdf](#)

## Download and Read Free Online TAO of Letting Go: Meditation for Modern Living By Bruce Frantzis

---

### Editorial Review

#### Review

"Frantzis' style of teaching demystifies ancient Chinese Taoist arts that have rarely, if ever, been taught in the West."

—Elizabeth Whitney, *Yoga Journal*

"Frantzis has spent most of his life studying various martial arts, meditation, and traditional Eastern healing systems. His fluency in Chinese and Japanese has allowed him to pursue these arts to an unprecedented depth for a Westerner."

—Clarence Lu, contributing writer, *Inside Kung Fu*

"The dissolving process described in this book gives practitioners an immediate tool for altering patterns of being that contribute to their suffering. That is the gift of the Water method."

—Michael J. Salveson, advanced instructor, past president, Rolf Institute

"I've read a number of books on meditation, but *The Tao of Letting Go* brings an aspect of this ancient practice to light that was previously unfamiliar to me. Along with an introduction to the Taoist Water method, detailed descriptions of beneficial meditation postures and author-guided practice sessions round out this 'meditation for modern living.'"

—*New Consciousness Review*

"Collections strong in Taoism, meditation and spirituality will find a powerful pick in Bruce Frantzis' *Tao of Letting Go: Meditation for Modern Living*, which teaches techniques to help people overcome obstacles and learn to relax."

—*Midwest Book Review*

#### About the Author

Bruce Frantzis is believed to be the first Westerner to hold authentic lineages in Taoist energy arts. He has a degree in acupuncture, and for over a decade was a chi gung healing specialist in Chinese medical clinics. Fluent in Chinese and the author of seven books, he lives in Marin County, CA.

### Users Review

#### From reader reviews:

#### Tiara Garcia:

What do you think of book? It is just for students as they are still students or the item for all people in the world, exactly what the best subject for that? Just you can be answered for that question above. Every person has distinct personality and hobby for each and every other. Don't to be forced someone or something that they don't wish do that. You must know how great as well as important the book TAO of Letting Go: Meditation for Modern Living. All type of book is it possible to see on many options. You can look for the internet sources or other social media.

**Judith Lea:**

The book TAO of Letting Go: Meditation for Modern Living has a lot details on it. So when you check out this book you can get a lot of advantage. The book was compiled by the very famous author. The author makes some research just before write this book. That book very easy to read you can get the point easily after reading this article book.

**Edith Ward:**

Do you have something that you like such as book? The reserve lovers usually prefer to decide on book like comic, small story and the biggest an example may be novel. Now, why not trying TAO of Letting Go: Meditation for Modern Living that give your entertainment preference will be satisfied by reading this book. Reading habit all over the world can be said as the opportunity for people to know world a great deal better then how they react to the world. It can't be claimed constantly that reading behavior only for the geeky man or woman but for all of you who wants to be success person. So , for every you who want to start studying as your good habit, you could pick TAO of Letting Go: Meditation for Modern Living become your current starter.

**Lisa Williams:**

Reading a reserve make you to get more knowledge from it. You can take knowledge and information from a book. Book is prepared or printed or highlighted from each source that will filled update of news. With this modern era like currently, many ways to get information are available for you. From media social like newspaper, magazines, science publication, encyclopedia, reference book, new and comic. You can add your knowledge by that book. Do you want to spend your spare time to spread out your book? Or just seeking the TAO of Letting Go: Meditation for Modern Living when you required it?

**Download and Read Online TAO of Letting Go: Meditation for Modern Living By Bruce Frantzis #61WAPUFH8Y0**

## **Read TAO of Letting Go: Meditation for Modern Living By Bruce Frantzis for online ebook**

TAO of Letting Go: Meditation for Modern Living By Bruce Frantzis Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read TAO of Letting Go: Meditation for Modern Living By Bruce Frantzis books to read online.

### **Online TAO of Letting Go: Meditation for Modern Living By Bruce Frantzis ebook PDF download**

**TAO of Letting Go: Meditation for Modern Living By Bruce Frantzis Doc**

**TAO of Letting Go: Meditation for Modern Living By Bruce Frantzis Mobipocket**

**TAO of Letting Go: Meditation for Modern Living By Bruce Frantzis EPub**

**61WAPUFH8Y0: TAO of Letting Go: Meditation for Modern Living By Bruce Frantzis**