



Living in the Tao: The Effortless Path of Self-Discovery

By Mantak Chia, William U. Wei

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Taoist techniques that can quiet your mind so you can discover your true self in the wisdom of the heart

- Teaches that the Tao is the flow of nature, the effortless middle path of self-discovery
- Shows how to quiet the monkey mind (the ego) and listen within for your inner voice
- Fosters a connection to the Tao through diet, exercise, livelihood, and sexuality

Taoists say that we must learn to observe with the mind and think with the heart. In the West we get caught up in the “monkey mind” of our ego. We think we can control our individual destinies by swimming upstream against the current, but we are mistaken. When we learn to quiet the monkey mind with meditation practices, we are able to go beyond the linear thinking of the upper brain and connect to the multidimensional thinking of supreme consciousness in the heart center.

In *Living in the Tao*, Master Mantak Chia and William Wei present techniques to help us learn to move beyond the limits of time and space to connect with the universal truth within--without striving. Living in the Tao is effortless. Just as a small seed grows into a mighty tree with a little water and a little sunshine every day, a few minutes of Taoist practice each day can transform your life into one of peace and joy.

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Bibliography

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Review

"The explanations are written in simple terms, using examples and analogies. . . . A great tool for those studying martial arts or tai chi, as well as for those studying energetic healing." (*New Age Retailer magazine, Jan/Feb 2010*)

"What to do--and what not to do--make for specific instructions new age libraries will welcome." (*The Midwest Book Review, Jan 2010*)

From the Back Cover

TAOISM / EASTERN PHILOSOPHY

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MANTAK CHIA, world-famous Inner Alchemy and Chi Kung master, founded the Universal Healing Tao System in 1979. He has taught and certified tens of thousands of students and instructors from all over the world. He is the director of the Tao Garden Integrative Medicine Health Spa and Resort training center in northern Thailand and the author of 35 books, including *The Secret Teachings of the Tao Te Ching*, *Healing Light of the Tao*, and *The Taoist Soul Body*. WILLIAM U. WEI began studying Taoism under Master Mantak Chia in the early 1980s and later became a senior instructor of the Universal Healing Tao. In the 1990s he helped build the Tao Garden Training Center. He has taught in more than 30 countries with Master Mantak Chia and is the project manager for Universal Tao Publications. He is also coauthor, with Master Chia, of *Sexual Reflexology*.

About the Author

Mantak Chia, world famous Inner Alchemy and Chi Kung master, founded the Universal Healing Tao System in 1979. He has taught and certified tens of thousands of students and instructors from all over the world. He is the director of the Tao Garden Integrative Medicine Health Spa and Resort training center in northern Thailand and the author of 35 books, including *The Secret Teachings of the Tao Te Ching*, *Healing Light of the Tao*, and *The Taoist Soul Body*. William U. Wei began studying Taoism under Master Mantak Chia in the early 1980s and later became a senior instructor of the Universal Healing Tao. In the 1990s he helped build the Tao Garden Training Center. He has taught in more than 30 countries with Master Mantak Chia and is the project manager for Universal Tao Publications.

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