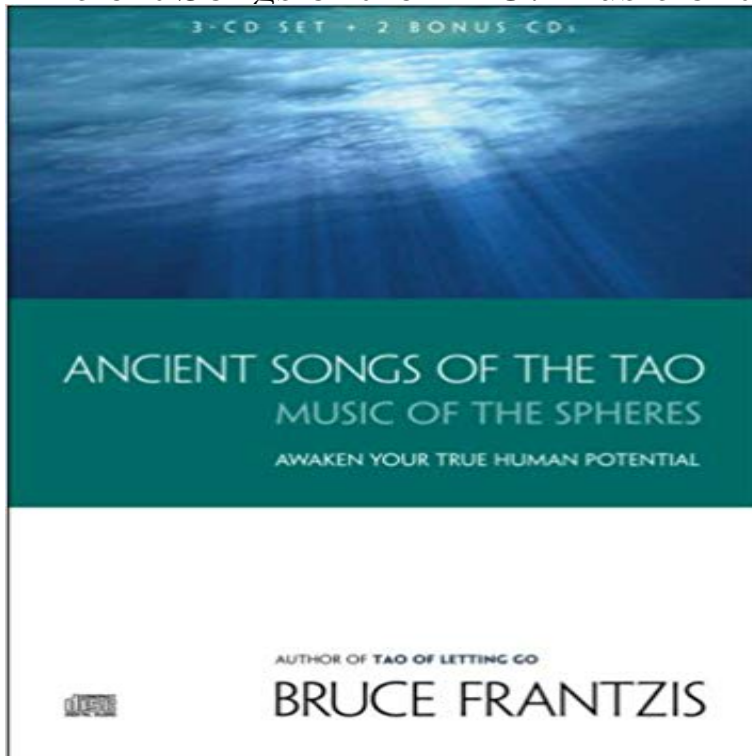


## Ancient Songs of the TAO: Music of the Spheres



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-Mind13-14: Expectations and Fourth Time  
DISC 3 Balancing Your Emotions1: Letting go2-3: Releasing anger and frustration4-5: From fog to enthusiasm and joy6-7: Dissolving depression8-9: Moving past fear to awareness10-11: The freedom beyond rejection12-13: Relaxing anxiety14-15: Releasing pain16-17: Love & compassion  
DISC 4 Breathing & Alignments1: Becoming present2: Feeling your energy3: Activating the breath4: Breathing with the diaphragm and sides5: Breathing from the back and kidneys6: Connecting the belly, lower back, and organs7: Breathing with the lungs and upper back8: Breathing with the spine9: Longevity Breathing10: Alignments for meditation11: Upper body alignments12: Middle body alignments13: Lower body alignments  
DISC 5 Balancing the Emotions1: Attention and the Heart-Mind2: Finding the Heart-Mind3: Expectations and Fourth Time4: Releasing anger and frustration5: From fog to enthusiasm and joy6: Dissolving depression7: Moving past fear to awareness8: The freedom beyond rejection9: Relaxing anxiety10: Releasing pain11: Love & compassion

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