



The Tao of Contemplation: Re-Sourcing the Inner Life

Jasmin Lee Cori

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An entirely new look at the concept of relaxation and handling stress. It examines the essence of contemplative life silence, solitude, simplicity, surrender, receptivity, and an orientation toward direct encounter with the one reality and combines it with the naturalness and joy of a Taoist approach. Cori provides exercises that teach us how to drop into silence, let go of control, live in the present, and allow our actions to come from a deeper source. Index. Bibliography. Reading list.

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