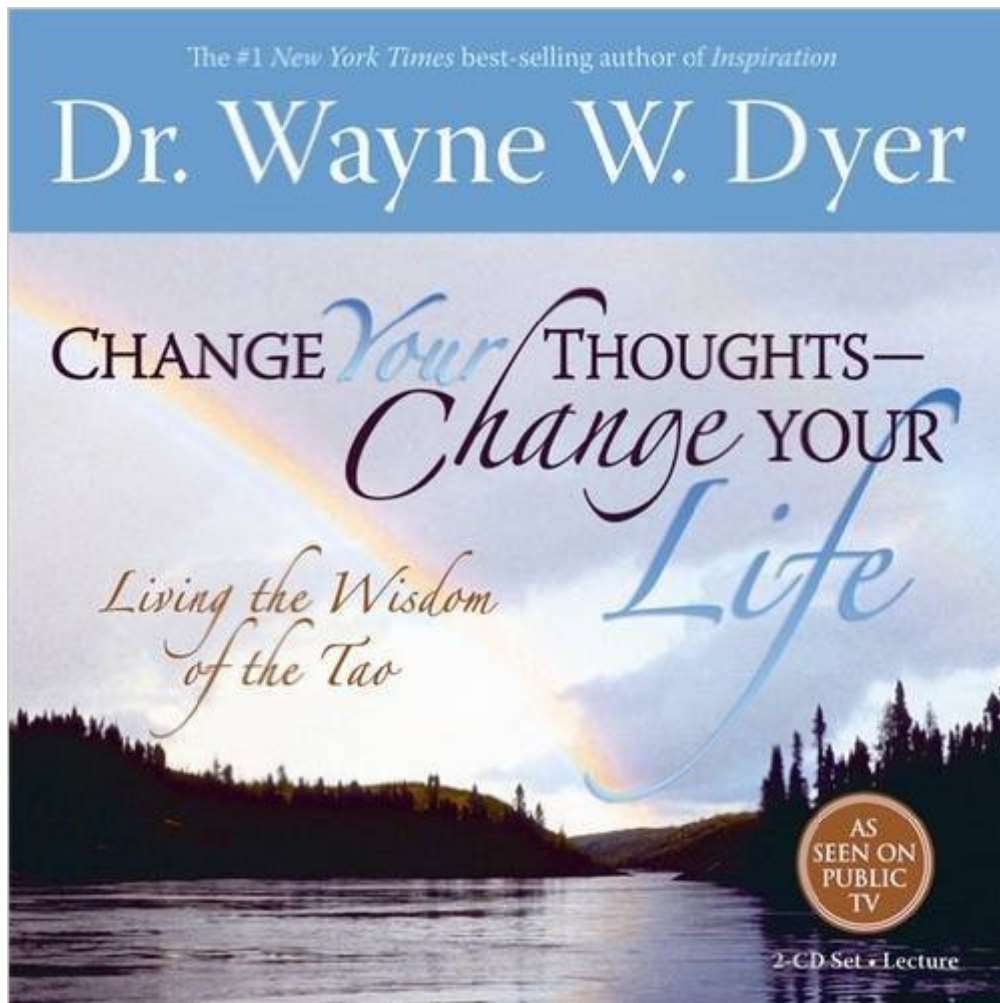


The book was found

# Change Your Thoughts Meditation CD: Do The Tao Now!



## Synopsis

Five hundred years before the birth of Jesus, a God-realized being named Lao-tzu in ancient China created the ultimate commentary on the nature of our existence. This classic text, called the Tao Te Ching or the Great Way, offered advice and guidance that was balanced, moral, spiritual, and always concerned with working for the good. On this CD, for the very first time, Dr. Wayne W. Dyer takes you on a compelling journey through all 81 verses of the Tao, as he offers affirmations and a unique meditation technique that you can directly apply to your life. By actually repeating the word Tao as a mantra, you will subliminally attain a level of wisdom and peace that you may have never experienced before. Do the Tao now . . . and usher in an entirely new way of thinking!

## Book Information

Audio CD

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Average Customer Review: 3.6 out of 5 stars See all reviews (130 customer reviews)

Best Sellers Rank: #415,272 in Books (See Top 100 in Books) #137 in Books > Books on CD >

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Relaxation & Meditation #155 in Books > Books on CD > Reference

## Customer Reviews

Before you get this disc I have a question: have you heard Dr. Dyer's Meditations for Manifesting : Morning and Evening Meditations to Literally Create Your Heart's Desire? If you have, and you like it, then I can say that this disc is very similar in style and you will probably like it as well. If you don't like that disc due to the chanting sounds, you probably won't like this one either. (Check out the reviews of that disc for more explanation.) If you haven't heard that disc but you're familiar with Dr. Dyer's wonderful speaking voice, you might be a little surprised. His speaking voice is perfect for a meditation disc- very calming and serene. But his chanting voice takes some getting used to. While it's not the point to sound "perfect" or even "pretty," sometimes the chanting is distracting which isn't good on a meditation disc. This time he's backed up by some new-age type music which is pleasant and relaxing and he more-or-less stays on pitch, but, I still struggle with his sometimes atonal

chanting. The meditation is structured as follows: the music plays softly in the background, Dr. Dyer states a positive affirmation (such as "I fully trust that others do know what is best for themselves.", "I act virtuously. I do not need rules to be kind and just." or "I come from greatness, I attract greatness, and I am greatness.") and then follows each affirmation with 3 long (and loud) chants of the word "Tao." He does this a total of 81 times, one for each verse of the Tao. It is a very mellow experience. For what it's worth, I actually find Dyer's speaking voice to be wonderfully meditative and relaxing.

Mr. Dyer has a large following in the "self-help" genre. In this recording, he attempts to use a classic text of ancient Taoism as a vehicle for his latest commercial project. I was not impressed with Mr. Dyer's understanding of the Tao as presented in this project. But, Mr. Dyer does have a very calming voice and I can understand the popularity of his audio cassettes. It makes more sense to me that people would buy an audio version of this work versus the book version. I hope a charismatic Westerner with a fine voice will someday properly cover the Taoist classics in audio format. That would be a fine contribution to Taoism. I don't see the success of this work as a negative for Taoism, as it is my hope the commercial success of this CD will lead more Western readers to look deeply into Taoism. If you enjoyed the pieces of the Tao used in Mr. Dyer's work, I hope you'll read more about Taoism. I have a fine selection of Taoist books. I humbly suggest you consider another Translation of the Tao Te Ching. For example, the Penguins Classics translation of the Tao Te Ching. Here is the link on : [Tao Te Ching \(Penguin Classics\)](#) The Merton translation of the Chuang-Tzu is excellent, the Chuang-Tzu is considered one of the Taoist classics. Here is the link on :

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